

## Important Phone Numbers

### VETERANS CRISIS LINE

1-800-273-TALK (8255) Press "1" for Veterans.

- For more information go to [www.veteranscrisisline.net](http://www.veteranscrisisline.net)

### URGENT MENTAL HEALTH CARE SERVICES

- Psychiatric Emergency Clinic (PEC): 1-858-642-3654 or 1-800-331-VETS (8387) EXT 3654
- 2<sup>nd</sup> floor 8:00 a.m. to 4:00 p.m. or the Emergency Department at any other time

### APPOINTMENTS

- Appointment Scheduling, Cancellations, or Messages to Providers:  
1-800-331-VETS (8387)
- To view appointments on-line go to [www.myhealth.va.gov](http://www.myhealth.va.gov)

### TRANSPORTATION

- If you qualify for VA travel to your appointment, call 2 weeks in advance:  
1-858-552-8585 EXT 7470 or 1-800-331-8387 EXT 7470

### VA TELECARE NURSE ADVICE LINE

1-877-252-4866

- 24 hours a day/7 days a week
- Answers questions and advises on health concerns
- Quick and easy way to find out if you need to see your health care provider

### MEDICATION QUESTIONS

1-800-331-VETS (8387)

- 24 hours a day/7 days a week
- My HealtheVet Prescription refills on-line go to [www.myhealth.va.gov](http://www.myhealth.va.gov)
- **Refills/Renewal:** If you have 0 refills, you can send a request by the refill phone number to your provider to have your medications renewed. Not all prescriptions can go through this option.
- Please allow 14 days for refills to arrive

### WOMEN VETERANS OUTREACH PROGRAM

1-800-984-3147

- Comprehensive primary care, gynecology and obstetrics services
- For more information go to [www.womenshealth.va.gov](http://www.womenshealth.va.gov)

### GUIDE TO VA HEALTHCARE

VA Health Resources Center:

1-877-222-8387

- Locations of closest medical centers

- Billing, collections, insurance
- How to reach regional center
- To file a disability claim
- To get more information about other VA benefits
- To speak to a representative (5:00 a.m. to 5:00 p.m. PST)

## **MY HEALTHVET**

Online Health Care Information

1. Register online for an account
2. Upgrade your account with In-Person Authentication
3. Log in and go to the red Secure Messaging tab to “Opt-In” to use secure email

For details, visit [www.sandiego.va.gov/patients/myhealthvet.asp](http://www.sandiego.va.gov/patients/myhealthvet.asp)

## **BENEFITS & SERVICES**

Veterans Service includes Health Care from the Veterans Health Administration (VHA), Benefits & services from the veterans Benefits Administration (VBA) and Burial & Memorial from the VA National Cemetery Administration (VCA). VHA, VBA & VCA provide separate service.

- VHA provides services that are directly related to your healthcare needs.  
1-877-222-8387
- VBA provides benefits and services that are directly related to financial and other assistance for Veterans, dependents & survivors. Major benefits include compensation, pensions, survivor’s benefits, rehabilitation and employment, disability ratings, education, loans, life insurance, and aid & attendance.  
1-800-827-1000
- VCA provides benefit services interment, headstones, markers and Presidential memorial certificates. For more information go to [www.va.gov](http://www.va.gov)  
1-800-697-6947

## **RETURNING SERVICE MEMBERS (OEF/OIF/OND)**

1-866-400-1237

- Healthcare eligibility for 5 years
- Veterans have 5 years from their days of discharge to receive free VA medical care for any service related condition.
- You may be eligible, call  
1-858-642-6284 or 1-800-331-VETS (8387) EXT 6284 for details

## **NATIONAL CALL CENTER FOR HOMELESS VETERANS HOTLINE**

1-877-424-3838 (4AI D-VET)

24/7 Hotline

- Information and assistance to Veterans and their families who are homeless or at risk for homelessness