

## COVID-19 Information and Resources for Military Service Members, Veterans, and Families

Military Treatment Facilities (MTF) and Veterans Health Administration (VHA) facilities are limiting patient entrances (to allow for screening) and non-essential onsite services (to increase social distancing).  
***Please check facility websites or call ahead for the latest patient access information.***

To locate a Military Treatment Facility (Hospital or clinic): <https://www.tricare.mil/mtf>

### VA Medical Center (VAMC) Information:

Washington D.C. VAMC <https://www.washingtondc.va.gov/> 202-745-8000  
Martinsburg VAMC (WV) <https://www.martinsburg.va.gov/> 304-263-0811  
Mountain Home VAMC (TN) <https://www.mountainhome.va.gov/> 423-926-1171  
Salem VAMC <https://www.salem.va.gov/> 540-982-2463  
Richmond VAMC <https://www.richmond.va.gov/> 804-675-5000  
Hampton VAMC <https://www.hampton.va.gov/> 757-722-9961  
Durham VAMC (NC) <https://www.durham.va.gov/> 919-286-0411

Please share the **Military and Veteran Crisis Line** widely during this time (1-800-273-8255 - press 1) <https://www.veteranscrisisline.net/get-help/local-resources>

**Virginia Veteran and Family Support** peer and family support (*available remotely!*), care coordination and community support services are still available by phone and email (for National Guard, Reserve Component, Veterans, and their families). **1-877-285-1299** (during business hours) <https://www.dvs.virginia.gov/virginia-veteran-and-family-support-2>

**National Guard Family Assistance Center Services** are still operational and available by phone and email during business hours (for National Guard, Reserve Component, Veterans, and their families). Please reach out if you are in need of any information or assistance in: Resource & Referral, Tricare, ID Cards / DEERS, Financial Assistance & Education, Emergency Financial Assistance, Community Resources, Crisis Intervention, Legal Resource Referral, Emergency Family Assistance, EFMP. <https://vanguard.dodlive.mil/fac/> and via Facility Locations:

**State Family Assistance Coordinator** (757) 416-2095; **Abingdon Readiness Center** (276) 634-7386; **Danville Readiness Center** (540) 718-5888; **Sandston Readiness Center** (540) 292-2636; **Staunton Readiness Center** (540) 430-0227; **Fredericksburg Readiness Center** (540) 718-2417; **FT Pickett** (434) 294-5764

**Military OneSource** – online COVID-19 updates/resources for Military Service Members and families. Online learning and resources (employment/teleworking, home learning for students, travel/relocation information etc.) and video/phone supports available (including non-medical counseling for adults and youth). <https://www.militaryonesource.mil/coronavirus> **1-800-342-3647**

**Team Red, White, and Blue** – offering virtual connect events for physical, social, and emotional well-being for Military Service Members, Veterans, and families (and all community members). Download the Team RWB app on smart phones/tablets to connect to Team Virginia activities. Team RWB State Coordinator contact: Chris Lancia [chris.lancia@teamrwb.org](mailto:chris.lancia@teamrwb.org)

### Additional Links for Taking Care of Our Behavioral Health and Managing Stress:

<https://www.ptsd.va.gov/covid/index.asp>

<https://www.samhsa.gov/sites/default/files/tips-social-distancing-quarantine-isolation-031620.pdf>