



Resources for Students

General resources:

- Military/Veteran Crisis line offers confidential assistance 24/7. Call 1-800-273-8255, press 1; text 838255; or chat <https://www.veteranscrisisline.net/get-help/military-crisis-line>.
- The NC Governor's Working Group on Veterans, Service Members, and their Families has developed a list of toll-free helplines at <https://helpncvets.org/resources/#helplines>.
- Military OneSource offers a wide range of confidential services--individualized consultations, coaching, and non-medical counseling--for you and your spouse 24/7 at 1-800-342-9647 (<https://www.militaryonesource.mil>).
- Call Hope4NC helpline 1-855-587-3463 for mental health and resilience supports during times of crisis. Helpline is available 24/7.
- Up-to-date information on what the VA is doing in terms of COVID-19, what Veterans should do, and tips for self-care and protection (https://www.publichealth.va.gov/n-coronavirus/?utm_source=Homepage&utm_campaign=Coronavirus).
- The VA Mobile App team has a new app, COVID Coach, which supports self-care and overall mental health during the pandemic. Veterans also have access to the PTSD Coach app, which was designed for individuals with post-traumatic stress. Both Apple and Android versions of the apps are available through the VA's online app store (<https://www.mobile.va.gov/appstore/veterans>).
- Additional resources for managing stress related to COVID-19 are located on the VA's PTSD site (<https://www.ptsd.va.gov/covid/index.asp>).
- Military and Family Life Counselors (MFLCs) provide support to service members, families, and survivors with non-medical face-to-face counseling at 919-886-3346.
- Exceptional Family Member Program (EFMP) provides coordination of support services for family members with exceptional needs. Call 919-722-7337. For EFMP Medical, call 919-722-0809.
- DMVA Resource Guide offers a variety of medical and behavioral health resources throughout the State (<https://files.nc.gov/ncdmva/documents/files/dmva-guide-2019a.pdf>).
- The Steven A. Cohen Military Family Clinic of the Cape Fear Valley Health System offers telehealth services for Veterans across the State. For more information, contact cohenclinic@capefearvalley.com or 910-615-3737.
- Give An Hour offers tips for you and your family member to stay mentally healthy during the pandemic: <https://giveanhour.org/coronavirus-resources/>.
- The Recovery All nonprofit has put together resources on collegiate recovery: <https://recoveryalliance-initiative.org/resources/library/collegiate-recovery>.
- For information about COVID-19 in North Carolina, call the hotline at 866-462-3821 or go to <https://www.ncdhhs.gov/divisions/public-health/covid19>.
- The NC Housing Finance Agency (<https://www.nchfa.com/>) has information on affordable housing opportunities.

- Legal Aid of NC conducts the Veterans Law Project (<https://www.legalaidnc.org/about-us/projects/veterans-law-project>), which assists low-income Veterans overcome service-related legal barriers that prevent them from living self-sufficiently and seeking economic opportunity.
- The NC National Guard SBIRT Voucher Program provides early intervention support services for Army Guard and Air Guard (<https://www.alcoholdrughelp.org/nc-national-guard>).
- *Financial Emergencies: Top Resources* compiled by Eric Elbogen, Ph.D., MIRECC, VISN 6, US Department of Veterans Affairs, April 2020.
- Emergency financial assistance relief societies:
 - Air Force: <https://afas.org>
 - Army: <https://www.armyemergencyrelief.org>
 - Navy and Marine: <https://www.nmcrcs.org>
 - Federal civilian: <https://feea.org>

Student Veteran-specific resources:

- Established in 2014, NC STRIVE (Student Transition Resource Initiative for Veteran's Education) shares best practices to better serve our nation's veterans, service members, and their families seeking degrees in higher education (<https://strive.ncgwg.org/>).
- On the website for the GI Bill, US Department of Veterans Affairs, current information on COVID-19 is available for students (<https://www.benefits.va.gov/gibill/>).
- The VA website, <https://www.va.gov/education/> provides information for Veterans and their dependents on applying for education benefits; managing benefits, including how to pay for tuition; identifying the right school or training program; getting career counseling; and using other resources.
- The VA has also developed a GI Bill Comparison Tool for those interested in enrolling in higher education (<https://www.va.gov/gi-bill-comparison-tool>). It allows users to learn about different programs and to identify benefits by school. For example, some schools offer priority enrollment to Veterans, and the toolkit helps users see which schools provide this service.
- *Maximizing VA Education Benefits: A Multi-faceted Approach to Funding Education*, Daniel Hackley, Military and Veterans Education, NC State University (<https://strive.ncgwg.org/resources/>)
- Online tutoring and homework help for active military and their families is provided 24/7 at no cost by the US Department of Defense and Coast Guard Mutual Assistance (<https://military.tutor.com/eligibility>). Student Veterans may receive tutorial assistance through the GI Bill (<https://www.va.gov/education/about-gi-bill-benefits/how-to-use-benefits/tutor-assistance/>).
- *Student Veteran Experience: Impact and Value - NC STRIVE 2019*, Jared Lyon, Student Veterans of America, https://www.youtube.com/watch?v=ud7tx4W8_ko
- *Beyond the Transition - Panel Discussion with Today's Student Veterans*, Student panel from 2019 NC STRIVE conference at NC State University (<https://www.youtube.com/watch?v=pS960J47yW8>).
- The Corvias Foundation provides scholarship opportunities to military affiliated members and their families (<https://corviasfoundation.org/scholarship-programs/military-connected-scholars/>).

Students in Western NC:

- NCServes - Western: (1-855-WNC-VETS or <https://western.americaserves.org/>)

Students in Central West NC:

- NCServes - Metrolina: (1-855-425-8838 or <https://charlotte.americaserves.org/>)

Students in Central East NC:

- NCServes - Central: (1-866-249-6656 or <https://raleigh.americaserves.org/>)
- Veterans Upward Bound is a US Department of Education-funded program that helps Veterans identify the higher education schools and programs that are the best match (<https://www.cccc.edu/student-services/upwardbound/veterans/about/>). (Only Veterans living in the counties of Chatham, Harnett, Johnston, Lee, and Wake are eligible.)
- Dress for Success (dfstrianglenc.org): career preparation through virtual workshops, webinars, and training. Call 919/286-2128 (only in the Triangle area).

Students in Eastern NC:

- NCServes - Coastal: (1-844-435-1838 or <https://coastal.americaserves.org/>)

Post-graduation resources:

- The North Carolina National Guard Employment Centers throughout the State offer career services for National Guard and Reserve soldiers, Veterans, Spouses and qualifying dependents (<https://nc.ng.mil/services/eec/Pages/Employment-Center.aspx>).
- Onward to Opportunity (O2O) is a free career training program that provides professional certification and employee support services to transitioning service members, veterans and military spouses (<https://ivmf.syracuse.edu/programs/career-training/>).
- What's Next? A Handbook for Existing Service Members Re-Entering the Civilian Workforce. Your Guide to NC Careers, published by the NC Department of Commerce, 2020 (https://nccareers.org/print/Career_Clusters_Military%20Guide_2020.pdf).
- North Carolina for Military Employment (NC4ME) is a comprehensive public-private partnership designed to make NC the number one state for military employment (<https://nc4me.org/>).
- The Cisco Veteran Talent Incubation Program (VTIP) is a 20-week, self-study program, which offers veterans and military spouses access to free Cisco Certified Networking Associate (CCNA) training and certification along with the opportunity to get hired into dedicated network engineering roles at Cisco (<https://blogs.cisco.com/csr/creating-a-networking-career-pipeline-for-veterans>). Over 100 VTIP students were hired by Cisco in the first two years of the program with a 95% success rate.
- SAS is committed to helping U.S. veterans, service members, and their spouses successfully transition into new careers and offers a career transition program (<https://support.sas.com/training/veterans/>).
- Hire Heroes USA offers employment assistance for transitioning military members through personalized service and support (<https://www.hireheroesusa.org/about/>).

Resources for Staff, Faculty, and Administrators

- NCServes has a network of four regional centers providing referral services to Veterans and family members throughout the State. Toll-free numbers for regional centers are listed above (<https://americaserves.org/where-we-are/southeast/north-carolina/>).
- The North Carolina National Guard Employment Centers throughout the State offer career services for National Guard and Reserve soldiers, Veterans, Spouses and qualifying dependents (<https://nc.ng.mil/services/eec/Pages/Employment-Center.aspx>).
- In addition to the courses on PsychArmor that target educators in higher education (<https://psycharmor.org/educators-courses/>), a number of other courses may be helpful on military culture, financial wellness, and suicide prevention.
- VA Campus Toolkit provides resources to support staff, faculty, and administrators in higher education in their work with Student Veterans and their families (<https://www.mentalhealth.va.gov/studentveteran/>).
- The VA has also developed the Forever GI Bill Communication Toolkit for those working in higher education. It provides tips for Veterans Services staff in outreach, social media, and resources. The toolkit is available at https://www.benefits.va.gov/gibill/docs/FGIB_comms_toolkit.pdf
- A movie on resilience discusses the role of adverse childhood events (ACEs) on physical and mental health in adulthood (<https://www.imdb.com/title/tt5434104/s>)
- Behavioral Health among College Students: Information and Resource Kit, US Substance Abuse and Mental Health Services Administration, November 2018 (<https://store.samhsa.gov/product/Behavioral-Health-Among-College-Students-Information-and-Resource-Kit/SMA19-5052>)
- Rx Pain Medications: Know the Options, Get the Facts, US Substance Abuse and Mental Health Services Administration, November 2017 (<https://store.samhsa.gov/product/Rx-Pain-Medications-Know-the-Options-Get-the-Facts/SMA17-5053-1>)
- Fact sheet on *Problem Gambling and the Military*, North Carolina Problem Gambling Program (<http://ncgwg.org/wp-content/uploads/2018/06/FactSheet-Problem-Gambling-and-the-Military.pdf>)