



ADDITIONAL RESOURCES

The resources listed below have reached out to NCOA with a desire to reach the military and veterans' communities. Inclusion on this list in no way implies an endorsement by NCOA.

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ADDICTION AND REHAB

[2020 Guide to Substance Abuse](#)

1st Step Behavioral Health - Are you or someone you know looking for drug or alcohol addiction treatment? Taking the first step towards a life in recovery is often very difficult. Even with the support of friends and family, it can still feel like a lonely road to travel. A great way to build peace of mind is understanding that you are not alone in your struggle and that there are plenty of recovery options to fit your individual needs. For treatment options in Florida, visit <https://firststepbh.com/locations/>.

Abbeycare Foundation takes pride in offering the most up-to-date and helpful information about addiction. All of their articles are reviewed by a medical team to ensure they're providing the best information to people looking for addiction help - <https://www.abbeycarefoundation.com/drug-rehab/>

AddictionCampuses.com is an organization dedicated to providing the best treatment and informational resources possible for those who are struggling, or who have loved ones, struggling with substance abuse. Their mission is to educate as many people as possible by providing informational resources that increase understanding and awareness of addiction - a disease that does not discriminate. <https://www.addictioncampuses.com/addiction-treatment/veterans/>

AddictionCenter.com provides information regarding drug and alcohol addiction and connects veterans to treatment centers. Veterans may have a co-occurring disorder, such as PTSD. Check out their [guide](#) to treatment options that will address all aspects of their mental health.

Addiction Group is dedicated to helping individuals suffering from substance abuse and preventing new cases through credible information and spreading awareness to as many as we can reach. Every fact-based piece of content is written by journalists or medical professionals. Addiction Group has no affiliation with any rehab centers. Addiction and, more importantly, Recovery are topics we cover. Check out our resources at addictiongroup.org/addiction/. Check out our "Drugs, Medications & Other Substances" page at <https://www.addictiongroup.org/drugs/>.

Addiction-treatment-services.com is an organization dedicated to providing extensive and reliable information on the various aspects of alcohol abuse and addiction. Members of the Veteran community face several challenges that have contributed to a high rate of alcohol and drug abuse. Visit <https://addiction-treatment-services.com/drug-and-alcohol-rehab-for-veterans/> for more information.

AddictionResource.net - Many veterans struggle with drug and alcohol abuse in the U.S., especially those who suffer with PTSD. Treatment programs which address both substance use disorders and co-occurring mental health disorders are the most effective form of treatment available for veterans. Check out their guide to the [11 Best Veterans Rehab Centers](#).

Alltreatment.com is a community-based public-benefit website connecting people to the addiction resources they need. People with co-occurring mental health and substance misuse disorders are having a hard time locating local treatment. All Treatment's rehab directory was built using Government data from SAMSHA was created to provide a better user experience for finding substance abuse treatment based on treatment models, payment, insurance taken, length of treatment and your location. Here is the link to our local rehab center locator: [Local Dual Diagnosis Rehab Locator](#). Click 'Allow' on the Location Services Pop-Up.

Alcohol Rehab Guide - After returning from service many veterans struggle with PTSD which can directly impact a veteran's life choices and wellbeing; leaving some to self-medicate with alcohol or other substances. The folks at Alcohol Rehab Guide want to help provide resources to as many people as possible to help those suffering with PTSD overcome their addiction. Check out their guides for [Alcoholism in Veterans](#) and [Alcohol and PTSD](#).

Alcohol Rehab Help is an informational web guide created for people struggling with alcohol use disorders (AUD) and co-occurring mental health disorders. Not only do we they offer information on Alcohol Use Disorder, but they also have comprehensive information regarding treatment options. View Alcohol Rehab Help at: alcoholrehabhelp.org/addiction/.

Amethyst Recovery Center - Alcohol is a dangerous drug because it's incredibly accessible, socially acceptable, and its prevalence in the young adult, and even the teenage community. According to the [National Institute on Alcohol Abuse and Alcoholism](#), over 15 million adults suffer from Alcohol Use Disorder (AUD), and "less than 10% of them receive any treatment." [Find out more about the signs, symptoms, help and resources for alcohol addiction](#) .

American Addiction Centers - Those with substance abuse disorders are extremely vulnerable to the direct and indirect effects of COVID-19. Due to social distancing, we host free [virtual support meetings](#) throughout every week. [Alcohol and Drug](#) hotlines are available as well. These resources can save many lives. At a time when drug overdose remains at an all-time high, American Addiction Centers is an educational resource for those that may be struggling with substance abuse.

[Coastaldetox.com](#) is an addiction treatment resource. Helping people free themselves from drug addiction isn't always easy. It requires a commitment on the part of the addicted person, knowledgeable therapists, and effective treatment methods. People addicted to a wide range of drugs have been able to overcome their addiction and go on to live happy, productive lives with the help of the right therapists, innovative treatment centers, effective therapies and the support of people who care about them. The key is to connect the person struggling with addiction to the program and the care team best suited to deal with the way their addiction manifests itself.

Crest View Recovery Center - Whether you're watching a loved one face addiction or you're battling your own addiction, exploring options for treatment is a good idea. Of course, beginning this journey can seem overwhelming and even frightening at times, which is why it is essential to know more information about these resources and how they can be of help to you. <https://www.crestviewrecoverycenter.com/addiction-treatment-resources-in-north-carolina/>

Drugrehab.org is a non-profit educational and informational site whose purpose is to create expert articles and resources for people of all walks of life who may be struggling with addiction or have loved ones who are. The Veteran community is always in need of resources that can help them deal with traumas or issues they've gained through their time in the service. There are many valuable resources available on the site: [Veterans and Substance Abuse](#), [Female Veterans Addiction](#). For a list of all VA programs vets should be aware of please [click here](#).

[DrugRehabConnections.com](#) is an informational website that connects addicts and their families with the help they need to put their lives together. The goal is to help these individuals and loved ones by providing them with information and support on different addictions and recovery resources available to them. Not a treatment center or a referral service. The website provides information and support only.

Granite Mountain Behavioral Healthcare has a great resource "[Getting Help - A Guide for Addiction Treatment and Recovery in Arizona](#)".

Granite Recovery Centers Granite Recovery Centers has been transforming the lives of alcohol and drug dependent adults from New England and well beyond. Here are a couple of their resources for veterans: [veterans mental health](#) and [types of trauma therapy](#).

[Help.org](#) is working to help Veterans in your community. Recently a group of our medical professionals spent time with addiction experts to find out more about the substance abuse crisis that military veterans throughout the U.S. and their families are facing. There are of course further implications such as long term medical problems, additional psychiatric disorders, interpersonal and vocational impairment, and sadly suicide. Unfortunately, for most communities this problem is hidden due to the lack of awareness. So we created a guide that provides comprehensive information on substance abuse statistics among veterans, governmental programs that offers treatment, and steps that veterans can take to get the help that they need. [Learn more about our guide here.](#)

[How Alcohol Impacts Sleep - What You Should Know](#)

NorthboundTreatment.com is an organization that has dedicated itself to making sure there are reliable resources available for the millions of Americans struggling to find answers to the growing and devastating disease of addiction. <https://www.northboundtreatment.com/addiction-treatment-resources/>

OpioidHelp.com - A leading health concern that our country's veterans face is the treatment for chronic pain leading to opioid addiction. Record-high prescribing rates among veterans has led to increases in overdose deaths – veterans are now twice as likely to overdose from Opioids as non-veterans. OpioidHelp.com is an organization that is committed to fighting the opioid epidemic by providing online information for veterans - www.OpioidHelp.com/veterans-opioid-addiction

Rehabspot.com - It is common knowledge that the United States is in the middle of an Opioid epidemic, and that no group has been spared. Addiction and overdose rates continue to rise, and we are now at the point where drug overdose is the leading cause of accidental death in the US. The brave men and women who have served in the US Military often face a tough time adjusting back to civilian life. This can open the door to the abuse of [drugs](#) and [alcohol](#), including Opioids. Consequently, addiction issues involving veterans and Opioids are becoming more common. Check out the [available resources](#).

The Discovery House, which is a Joint Commission-accredited treatment center of drug and alcohol addiction located in Southern California, has compiled a [list of addiction resources](#).

The Freedom Center is a drug and alcohol treatment facility in Gaithersburg, MD. Visit their site and check out their information by [clicking here](#).

The Recovery Village, with locations across the country, is dedicated to helping those struggling with substance abuse into recovery. Many men and women who have bravely served our country are sadly left with painful memories they wish they didn't have. In many cases, veterans turn to drugs and alcohol as a way to deal with these thoughts, especially PTSD. Luckily, there are resources available to help.

Veterans: <https://www.therecoveryvillage.com/resources/veterans/>
<https://floridarehab.com/resources/veterans/>

Active duty: <https://www.therecoveryvillage.com/resources/military-resources>

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ASSISTED LIVING

Caring.com is a leading senior care resource for family caregivers seeking information and support as they care for aging parents, spouses and other loved ones. We have been featured by AARP, The Administration for Community Living, The National Legal Resource Center, and Forbes, as well as referenced by many governmental agencies and organizations across the Internet. Caring.com has a free resource series that provides comprehensive information on topics like financial support and care options in your community. You can read more about their work: <https://www.caring.com/senior-living/assisted-living-benefits-for-veterans/>, <https://www.caring.com/senior-living/assisted-living/>, <https://www.caring.com/senior-living/assisted-living/texas>

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BULLYING

EverlastRecovery.com - Bullying and suicide are major problems today. Imagine what it would be like to be bullied online. Honestly, it would be difficult for anyone to deal with the harassment. But, did you know that high school students who were bullied online are twice as likely to attempt suicide? The bottom line is people who are bullied need the rest of us to be educated and learn how to help and support them. How can you get educated? Check out a [Complete Guide to Understanding Bullying in the Modern Age](#). The guide makes it simple to learn the basics about bullying and what you can do to help.

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CANCER

Lung Cancer Center - Lung cancer is one of the most common forms of cancer in the United States, with over 228,000 new cases expected for 2020. Most cases of lung disease develop through inhalation of hazardous materials. Yet, even non-smokers, living their regular, day-to-day life, can develop this disease. Subsequently, lung cancer is now the most common form of cancer in the world, killing an estimated 1.8 million people in 2018. Check out this resource on [Lung Cancer in the Military](#).

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CHRONIC PAIN

The Freedom Center - There are many different groups that suffer from chronic pain. Veterans have the highest rate of chronic pain, Seniors make up the largest group who live with chronic pain, and Athletes get injured and are forced to deal with chronic pain. It's now more important, to a large number of people to get chronic pain properly diagnosed and treated. [Click here to learn more](#).

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DENTAL

NewMouth.com - According to the Centers for Disease Control and Prevention, over 31% of adults between ages 20-44 have untreated dental caries. One out of every two American adults over 30 has periodontal disease. New Mouth was created to keep the public educated about current dental care practices, oral health basics, and how to find the best treatment possible. Their team of medical writers

and dentists provide the most up-to-date dental information in every vertical, including general, pediatric, restorative, cosmetic, and orthodontics. They also connect patients with the best dentists in their area depending on individual treatment needs. Check out the resources at NewMouth.com. New Mouth also just developed a new information page regarding the [Effects of Drug Addiction on Oral Health](#).

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FINANCIAL ASSISTANCE

FreeGrantsForVeterans.org provides comprehensive details on grants for veterans. These grants are given away for free, and they could help low income veterans with bills, mortgage, rent, housing, college, and medications. Please note that grants are only given for veterans who can prove financial difficulties. Apply for multiple grants to ensure your needs are met. The site offers information on the following: (1) grants for rent, (2) housing assistance, (3) help with bills, (4) education grants, (5) medical bills grants, and (6) business grants.

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FINANCIAL RESOURCES AND DISCOUNTS

BlueVine.com - Many people who served in the Nation's military embark on new careers as small business owners. If you're one of these veteran entrepreneurs, there's good news: there are programs meant to help you start and grow your business. Check out their [Guide for Veterans Small Business Loans](#).

[Financial Resources and Discounts for Military Families](#) - This helpful guide is designed specifically to help military family members learn about the different resources, federal programs, retail discounts, and deals for dependents of U.S. service members.

The Money Pig has created a Financial Fraud Prevention Resource Guide - themoneypig.com/elder-fraud-prevention - which covers the following topics:

- How to report and prevent against COVID-19 Coronavirus Fraud.
- United States Senate Special Committee on Aging Top Prevention Tips.
- Local Community Elder Prevention Locator Resources (i.e. FBI Regional Offices).
- Red flags and signs associated with Elder Financial Abuse for loved ones to notice.
- Top schemes targeting the elderly, how to prevent, mitigate and recover from elder financial abuse.

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GRIEF

Do you know all the causes of grief? Death is a major cause of grief, but there are others. Losses such as health, career, status, role, divorce, and financial loss cause many people grief. The bottom line is that most people don't think much about grief, even though it affects everyone. Want to learn more? Check out ["Getting Over Grief: Understanding its Stages and How to Heal"](#) to make learning about grief easier.

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HEALTH EDUCATION/MENTAL HEALTH

Brain Center TMS understands first-hand, the distress that depression and other mental illnesses can put on individuals and their loved ones. Transcranial magnetic stimulation (TMS) has become a popular healing aid and has been proven to reduce depression and suicidal ideation. We created a resource to help people have a better understanding of TMS and different disorders and diseases that can be treated which you can see here, <https://braincentertms.com/what-is-transcranial-magnetic-stimulation/>

Buckeye Recovery Network has put together a guide of the Top Mental Health Apps for 2020. The guide can be viewed at <https://buckeyerecoverynetwork.com/10-best-mental-health-apps/>

Consumer Safety Guide was created to keep the public informed about consumer dangers and safety issues associated with numerous products that can cause the public harm. The website is constantly being updated with the most recent information on the most popular prescription medications and FDA-approved medical devices that could be endangering your health or putting your loved ones at risk. Our mission is to keep you informed and help you make the most educated decisions about your health care!

Fast Facts About Mental Illness - Discover the facts about the most common mental health issues and their impacts.

LagunaShoresRecovery.com - Provides a variety of resources. Anxiety disorders cause higher-than-normal feelings of stress and worry. While everyone gets anxious at times, some people feel anxiety all the time. This heart-pounding, constant stress is known as an anxiety disorder. According to the American Psychiatric Association, an estimated 30 percent of adults have had an anxiety disorder at some point in their lives. Take a few minutes to take an [Anxiety Self-Test](#).

MemoryCare.com - Many veterans suffering from Alzheimer's are unaware of the available programs that can help maintain or improve their quality of life. MemoryCare.com created a resource that provides comprehensive information on topics like available care options and financial support that can provide assistance during their time of need. Read more here: <https://www.memorycare.com/veterans/>

The Safe Harbor House has created a [PTSD self-assessment tool](#) to help veterans suffering with PTSD through the healing process.

SingleCare.com has created a resource on PTSD signs, treatment options, & support tips - <https://www.singlecare.com/blog/ptsd-epidemic/>

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HEARING LOSS

AudioCardio's mission is to provide an easily accessible, affordable hearing and tinnitus solution without the negative stigma and costs associated with current solutions on the market. AudioCardio is a mobile app that assesses your hearing and generates a personalized sound therapy (inaudible) designed to maintain and strengthen your hearing. It is a once a day, one hour sound therapy that stimulates the cells inside your ear. The sound therapy is delivered using headphones or earbuds, is completely passive and runs in the background while you do other activities like listening to music, checking email and falling asleep. AudioCardio's technology has been clinically proven with Stanford University, Palo Alto Medical Foundation and Samsung Medical Center with over 70% of the participants having a minimum of a 10 decibel change in as little as two weeks. [Click here](#) for more information.

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HOME WORKOUTS/FITNESS

With the ongoing pandemic many gyms have temporarily closed their doors, but it is still imperative for people to stay active and healthy. The **BarBend.com** team has put together an article for at home workouts, [Best At Home Bodyweight Workouts](#).

[The Ultimate Guide to Strength Sports for Veterans](#) - Members of the military go through rigorous physical training and are required to make tremendous personal sacrifices. The difference in one's day-to-day life between working in the military versus post service can be stark, particularly when it comes to physical fitness and finding a renewed sense of community. [The Ultimate Guide to Strength Sports for Veterans](#) delves into **strength sports as the viable option for veterans**. Not only can strength sports help veterans maintain or regain their physical fitness, but they can also help fill the need for a friendly support structure made from a community of likeminded individuals.

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HOUSING

ApartmentGuide.com - Renting, moving or just finding the right home or city can be a challenge. Besides being a robust rental research tool, this website is an educational resource with helpful sections catered to the military community. The U.S. Department of Housing and Urban Development (HUD) estimates that 40,056 veterans are homeless on any given night. And another 1.4 million veterans are considered at risk of homelessness due to poverty, lack of support networks, and dismal living conditions in overcrowded or substandard housing. Apartment Guide, is a national resource designed to help individuals and families find housing options that fit their lifestyle and income needs, including those of our Nation's veterans and active-duty service members. Renting, moving or just finding the right home or city can be a challenge. Besides being a robust rental research tool, the Apartment Guide website is an educational resource with helpful sections catered to the military community - [Veteran Housing Assistance Help](#). Check out the [Apartment Guide listings in your area](#).

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MESOTHELIOMA

Bullock Campbell Bullock & Harris is a law firm that helps patients affected by asbestos diseases to receive compensation. Visit their website to learn more - <https://www.bcbhlaw.com/veterans-asbestos/>

Mesothelioma Hub - United States veterans account for nearly 30% of all mesothelioma diagnosis. Of all the branches, the Navy was the largest consumer of asbestos-containing products. For this reason, Navy veterans face the highest risk of developing this disease. Visit the website to learn more - www.mesotheliomahub.com/veterans/

Mesothelioma Justice Network - In the U.S., approximately 30% of those diagnosed with mesothelioma are veterans. Every military branch relied on asbestos for decades, meaning thousands were exposed on a daily basis. Today, veterans with mesothelioma can receive VA benefits and other forms of compensation to cover their medical expenses. Visit the website to learn more - [Mesothelioma & Veterans](#), [Mesothelioma Lawyers](#), [Mesothelioma Patient Timeline](#).

Mesothelioma Lawyer Center has been helping families for more than 20 years connect with leading mesothelioma lawyers. There are many law firms that handle mesothelioma and asbestos cases. Choosing the right law firm for your family can be overwhelming. We clear through the confusion and help you connect with only the top lawyers near you - <https://www.mesotheliomalawyercenter.org/>

Mesothelioma.net - Veterans make up a large majority of those diagnosed with mesothelioma cancer caused by asbestos exposure. Mesothelioma.net is dedicated to serving and supporting the men and women whose lives have been overturned by this disease. Visit the website to learn more - <https://mesothelioma.net/mesothelioma/>

Sokolove Law provides legal help for veterans with mesothelioma. The team at Sokolove Law has VA-accredited claims agents to help eligible veterans. If you are a veteran who has mesothelioma or another asbestos-related disease that you believe is a result of your service in the armed forces, we strongly encourage you to reach out to us today. Visit our website to learn more - <https://www.sokolovelaw.com/veterans-mesothelioma/>

The Mesothelioma Center - Countless veterans are currently suffering from life-threatening illnesses that are a result of exposure to asbestos, a material that was commonly used in hundreds of military applications, products, and ships because of its resistance to fire. Veterans who have been diagnosed with mesothelioma even qualify for special benefits from the U.S. Department of Veteran Affairs. <http://asbestos.com/mesothelioma/pleural/>

We recently published an educational guide about pleural mesothelioma, the most common type of mesothelioma: pleuralmesothelioma.com/cancer/diagnosis/

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PRESCRIPTION DRUGS/OVER THE COUNTER DRUGS

[All You Need to Know About the Deadly Drug - Fentanyl](#)

Drug Dangers was developed to educate the public and lend a hand to people who have been affected by defective drugs and medical devices. The goal at Drug Dangers is to keep the public educated and informed of all defective medical devices and dangerous medications that are currently available on the market today. Pharmaceutical companies are trusted to put safe products on the shelves, yet thousands of people lose their lives each year due to prescription medications with adverse side effects. By spreading awareness, we believe we can lower this statistic by decreasing the number of recalls, saving more lives of those who have been affected.

Zantac - The U.S. Food and Drug Administration (FDA) released an official statement on September 13, 2019 alerting patients and healthcare providers of a safety concern regarding the drug, ranitidine. This drug is commonly bought and sold under the brand name, Zantac. Cancer-causing agents found in over-the-counter and prescription Zantac (ranitidine) products are leading to a number of cancer and other health-related issues, resulting in multiple lawsuits. Anyone who has taken a form of Zantac and experienced health issues may have the right to file a claim. [Click here for more information.](#)

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REAL ESTATE

Owning a home is a long-standing benchmark for having achieved the American Dream. It is only natural for American veterans to want to participate in this fundamental aspect of living in the U.S. After touring the world on behalf of their homeland, veterans are likely seeking the stability and roots-building that home ownership offers compared to renting. Check out the following resource that provides real estate tips for veterans <https://reits.org/investing/real-estate-tips-for-vets>.

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SLEEP DEPRIVATION

CountingSheep.net - Drowsy driving is a major problem in the United States. AAA reports 1 in 10 car crashes are caused by Drowsy Driving. The risk, danger, and often tragic results of drowsy driving are alarming. Drowsy driving is the dangerous combination of driving and sleepiness or fatigue. This usually happens when a driver has not slept enough, but it can also happen due to untreated sleep disorders, medications, drinking alcohol, or shift work. Check out the following [Drowsy Driving Safety Resource](#).

Veterans may face unique sleep challenges due to the nature of their training and their time in the service, whether or not they saw combat or not. Transitioning from military life to civilian living comes with a host of challenges, and sleep problems are quite common in veterans of all ages. More than half of vets report having sleep deprivation. The following article is based on everything veterans should know about sleep and could potentially help a lot of people who have returned to civilian life and are going through transitions in their sleep patterns or are suffering from sleep disorders - <https://www.mattressclarity.com/blog/what-veterans-should-know-about-sleep/>

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VETERANS EMPLOYMENT/EDUCATION

CriminalJustice.com is an organization dedicated to researching and creating free resources for those interested or already working in the field of criminal justice. It's their goal to deliver the best in educational resources for interested students of all levels, and as a part of doing so, they've created open-use guides to

law enforcement degrees, containing study tips, job outlook, and more that students and young professionals need to succeed in improving their knowledge. Law Enforcement Degree Suite:

Career Fundamentals - <https://www.criminaljustice.com/careers/law-enforcement/>
Bachelor's Degree Overview – <https://www.criminaljustice.com/online-degrees/bachelors-in-law-enforcement/>

Edumed.org - Making the transition from military to civilian life can be a challenge for veterans, and finding their next career move even more of one. Fortunately, many career fields are a natural fit for a veteran's skills, experience and disposition, including healthcare. The team at edumed.org created a new resource for veterans that helps them take what they've learned in the military and match it to a healthcare career where they can continue to serve others - [Get Hired in Healthcare: An Online Guide for Student Veterans](#). The guide covers the entire process for making the move to a civilian healthcare career, including: 1) How to identify healthcare careers that are the best match for your military skills, experience and title, 2) Advice for choosing military-friendly schools, including those participating in veteran financial aid programs like the GI Bill and Yellow Ribbon Program, 3) Taking advantage of transition assistance programs (TAPs) offered by each branch of the military, and 4) Tips on marketing yourself and highlighting your strengths as a veteran.

"Military Skills Transition Resources for Veterans and Active Duty Service Members" Transitioning into the civilian workforce can be difficult, but it isn't impossible, especially when you have the right resources and information to support you. This guide goes through some of the most useful military skills that may also apply in the business world, what educational programs are available to further develop these skills, and various organizations that can help you connect with jobs for which you're a better fit. [Click here](#) to check out the guide.

Military to Civilian Resume - Practical Advice for Military Veterans - <https://novoresume.com/career-blog/military-veterans-resume>.

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VISION CARE

VisionCenter.org - According to the Centers for Disease Control and Prevention, approximately 12 million people 40 years and over in the US have vision impairment. 1 million are blind, 3 million have vision impairment after correction, and 8 million have vision impairment due to uncorrected refractive error. Vision Center is an informational web guide created for those seeking eye surgery and other vision correction options. All content on Vision Center is researched, written, and edited by licensed optometrists, experienced journalists, and other medical writers in the industry. All pages on the website are fact-based and sourced from recent scientific research, scholarly articles, textbooks, government agencies, and medical journals. Check out this resource at <https://www.visioncenter.org/eye-conditions/>.

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