

VA Mental Health Support for Older Veterans



Facing challenges as you age?

The life changes that often come with aging—such as retirement, caregiving responsibilities, and physical limitations—can be challenging. Older Veterans may experience longstanding or emerging mental health conditions, including:

- Depression
- Anxiety
- Distressing memories related to military service
- Stress related to health concerns
- Unhealthy use of alcohol or drugs



Get specialized care from VA

For older Veterans experiencing challenges, connecting with mental health services can be a pathway to managing their conditions. VA is here to help older Veterans enjoy a healthy and fulfilling life.

- **New to VA?** Apply for benefits. To find the right resources for your needs, apply online at va.gov/health-care or call 877-222-VETS (877-222-8387). If you have hearing loss, call TTY: 800-877-8339.
- **Schedule a mental health appointment.** If you're already using VA health care, schedule your appointments with a VA facility near you. You can also connect with a mental health provider through VA TeleMental Health.
- **Access resources online.** Scan the QR code to find the Veteran Training self-help portal, mental health apps for Veterans, and downloadable resources.

Learn more at MentalHealth.va.gov/older-veterans



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