

RESOURCES FOR HEALTH AND BENEFITS

WASHINGTON

Washington State PTSD Program

http://www.dva.wa.gov/ptsd_counseling.html
360-725-2226 or 1-800-562-2308

VA Health Care System

Ask for the Women's Health Clinic at each VA Medical Center

VA Puget Sound HCS American Lake Division (Tacoma, WA)

9600 Veterans Dr, Tacoma, WA 98493
Phone: 253-582-8440

VA Puget Sound Health Care System (Seattle, WA)

1660 South Columbian Way, Seattle, WA 98108
206-762-1010 or 800-329-8387
To schedule an appointment Extension 71234

Jonathan M. Wainwright Memorial VA Medical Center

77 Wainwright Drive, Walla Walla, WA 99362
509-525-5200 or 888-687-8863

Portland VA Medical Center - Vancouver Campus (Vancouver, WA)

3710 SW U.S. Veterans Hospital Rd., Portland, Oregon 97239
503-220-8262 or 800-949-1004

Spokane VA Medical Center (Spokane, WA)

4815 N. Assembly St, Spokane, WA 99205
509-434-7000 or 800-325-7940

Women Veterans Program Manager

Assist women in understanding their benefits and coordinate care

Seattle VAMC Jan Buchanan, MSW, MC
Jan.buchanan@va.gov 206-764-2441

Spokane VAMC Julie Liss, RN, BSN
Julie.liss@va.gov 509-434-7608

Walla Walla VAMC Joan Leid, RN
Joan.leid@va.gov 509-525-5200 ext 22413

National Suicide Prevention Hotline
1-800-273-TALK (8255)

VET CENTERS

Small community-based organizations managed by the VA and dedicated to providing military sexual trauma and PTSD counseling as well as family counseling for eligible veterans

3800 Byron Ave Suite 124, Bellingham, WA 98229
360-733-9226 Fax: 360-733-9117

3311 Wetmore Avenue, Everett, WA 98201
425-252-9701 Fax: 425-252-9728

2030 - 9th Ave. Suite 210, Seattle, WA 98121
206-553-2706 Fax: 206-553-0380

100 No. Mullan Rd., Suite 102, Spokane, WA 99206
509-444-8387 Fax: 509-444-8388

4916 Center St. Suite E, Tacoma, WA 98409
253-565-7038 Fax: 253-565-4981

2119 West Lincoln Avenue, Yakima, WA 98902
509-457-2736 Fax: 509-457-1822

NATIONAL RESOURCES

U.S. Department of Veterans Affairs

www.va.gov

National Center for Post-Traumatic Stress Disorder

www.ncptsd.va.gov

Transition Assistance for Disabled Soldiers and Veterans

www.vetsuccess.gov

For Women (women's health)

www.4women.gov

PTSD Claims Guide

www.vva.org/Benefits/ptsd.htm

Women Veterans Health Care

www.publichealth.va.gov/womenshealth/

Dept of Veterans Affairs Center for Women Veterans

www1.va.gov/womenvet

CONNECT WITH OTHER WOMEN VETS

If you would like to become part of our Washington women veterans network, please provide your contact information, including email, to the following coordinator:

Liza S. Narciso
Washington State Women Veterans Coordinator
Washington State Department of Veterans Affairs
1102 Quince St. SE
PO Box 41150
Olympia, WA 98504
lisan@dva.wa.gov 360-725-2157/360-584-3247

Non-profit organizations that serve and/or advocate for veterans:

American Legion: www.legion.org www.walegion.org

AMVETS: www.amvets.org; www.amvetswa.org

Disabled American Veterans: www.dav.org

Paralyzed Veterans of America: www.pva.org;
www.nwpva.org

Military Order of the Purple Heart: www.purpleheart.org

Veterans of Foreign Wars: www.vfw.org; www.vfwofwa.org

Other organizations that will assist you locate other resources:

American Veterans for Equal Rights
www.aver.us

Women in Military Service for America
www.wimsa.org
www.womensmemorial.org

Women Organizing Women
www.vetwow.com

Legal Voice

www.nwwlg.org
206-682-9552

WA State Coalition Against Domestic Violence

www.wscadv.org
1-800-562-6025 (Immediate Assistance)
206-389-2515 (Seattle)
360-586-1022 (Olympia)

RETURN TO WORK BACK HOME

You've learned new skills and faced challenges that have broadened your experiences. Consider these resources to assist in the transition.

Washington Department of Veterans Affairs

Veterans transitioning from active duty can contact the WDVA Transition & Employment Section for state-wide employment information.

Business & Professional Women (BPW)

Women Joining Forces – Closing Ranks, Opening Doors
www.bpwusa.org/www.bpwfoundation.org
The BPW Career Center identifies women and veteran-friendly workplaces and jobs
<http://careers.bpwusa.org>

Job Centers (Located Throughout Washington)

Washington Education System

Check with the Veterans Representative – available at almost every learning institution

Veterans Business Registry

The Washington Department of Veterans Affairs provides a Registry of Veteran/Service member Owned Businesses.

Service Corps of Retired Executives – SCORE

Score Volunteers assist veterans with starting their firms, business readiness plans, emergency loan applications and business recovery
www.score.org/veteran.html

Washington State Office of Minority and Women Owned Business Enterprises

Assists Minorities and Women Owned firms in Washington State
www.omwbe.wa.gov/

Veteran Women Program

Assists Women Veterans in preparing for and obtaining employment
www.partnersincareers.org/news.html

OTHER RESOURCES

Check these websites for more information

www.dol.gov/elwas/evets.htm

www.recruitmilitary.com

www.helmetstohardhats.org

www.vetbiz.com

<http://www.jobs2teach.doded.mil>

www.military.com/Careers/Home

www.quintcareers.com/former-military/html

www.vetjobs.com

www.usajobs.com

www.hirevetsfirst.gov

www.dva.jobsearch.org

Washington Family Assistance Centers

Your one-stop information and referral service, working with all branches of the military services in Washington. Referrals to any of the following Centers can be made by calling

Camp Murray - (800) 364-7492

Centralia - (360) 628-7195

Kent - (253) 945-1869

Longview - (360) 577-2023

Moses Lake - (509) 766-2551

Pasco - (509) 546-4384

Port Orchard - (360) 895-1859

Olympia - (360) 704-6707

Seattle - (206) 473-2896

Tacoma - (253) 363-6419

Spokane - (509) 532-2775

You can find us on Facebook and Twitter!

<http://facebook.com/pages/Washington-State-Department-of-Veterans-Affairs/157561335628>

<http://twitter.com/WAWomenVeterans>

Washington Women's History Consortium

Is collecting stories of Women from all eras and encourage Women Veterans to contribute stories and materials. For information contact Shanna Stevenson, at 360-586-0171 or sstevenson@wshs.wa.gov. www.washingtonwomenshistory.org

WOMEN VETERANS RESOURCES AND INFORMATION

Brought to you by



Washington State Department of Veterans Affairs
1-800-562-2308
www.dva.wa.gov

