ABOUT US

MENTAL HEALTH CARE AT NO COST TO VETERANS AND MILITARY FAMILIES

OUR MISSION
The mission of the Steven A. Cohen Military Family Clinic at the University of Pennsylvania is to improve the quality of life for Post 9/11 military families and Veterans, including those from the National Guard and Reserves, regardless of role or discharge status.

OUR SERVICES
We offer confidential, personalized mental health care that is specific to the needs of Veterans, spouses, caregivers, children and other military family members.

TALK THERAPY
Our clinicians provide short-to-medium term outpatient talk therapy for individuals (adults and children), couples, and families.

We use evidence-based practices to offer the most effective treatment options, supported by research.

MEDICATION MANAGEMENT
Our in-house psychiatrists work with adult clients who are interested in understanding more about evidence-based medication treatment options.

BRIEF CASE MANAGEMENT
Our case managers offer connections to additional support for assistance with issues like unemployment, benefits, housing, finances, and education.

OUR APPROACH
We are committed to making it easy to access the support you deserve.

That’s why we offer:

- **No cost treatment**, regardless of insurance or ability to pay
- **Short wait times** - typically less than one week
- **Early morning and evening appointments**
- **Parking / transportation assistance** to the clinic
- **Telehealth options** to access care from your own home

WHAT WE TREAT
We treat a variety of mental / behavioral health concerns including:

- Depression
- Stress and anxiety
- Post-traumatic Stress / PTSD
- Substance misuse
- Sleep problems
- Hypervigilance (being on high alert)
- Anger
- Grief and loss
- Transition challenges
- Relationship / family difficulties

CONTACT US
The Steven A. Cohen Military Family Clinic at Penn

1-844-573-3146  MFCinfo@UPenn.edu

LEARN MORE: www.pennmedicine.org/veterans

FIND OUT WHAT TO EXPECT: bit.ly/MFCIntroVideo
The Steven A. Cohen Military Family Clinic at the University of Pennsylvania compiled this brief overview of resources for Veterans and their families. Please reach out to organizations directly. For more information about the Cohen Clinic at Penn, visit pennmedicine.org/veterans or call 844-573-3146.

**LOCAL ORGANIZATIONS**

### MULTI-SERVICE

**Veterans Multi-Service Center (VMC)**
Housing, employment, training, Women Veterans Program, benefits
- ✆ 215-923-2600
- ✉ vmcenter.org

**UESF**
Housing, utility assistance
- ✆ 215-972-5170
- ✉ uesfacts.org

*SEE ALSO: COUNTY & STATE OFFICES*

### EMPLOYMENT

**PA CareerLink**
Employment and training services
- ✉ pacareerlinkphl.org

**Greater Philadelphia Veterans Network (GPVN)**
Mentorship, networking, employment services
- ✉ gpvn.org

**Fourblock**
Career readiness program
- ✉ fourblock.org

### LEGAL

**Military Assistance Project (MAP)**
Legal services and advice
- ✆ 267-449-6067
- ✉ militaryassistanceproject.org

**Homeless Advocacy Project (HAP)**
Legal services and advice for housing
- ✆ 215-523-9595 or 800-837-2672
- ✉ homelessadvocacyproject.org

*SEE ALSO: COUNTY & STATE OFFICES*

### COMMUNITY ENGAGEMENT, FITNESS, WELLNESS

**Travis Manion Foundation**
Community engagement, transition workshops
- ✉ travismanion.org

**Team RWB**
Physical and social activities
- ✉ teamrwb.org

**Mission Continues**
Volunteering, community impact, professional development
- ✉ missioncontinues.org

**Team Rubicon**
Volunteering on emergency response teams
- ✉ teamrubiconusa.org

**New Beginnings at Drexel**
Life skills training program
- ✉ nezunewbeginnings.weebly.com

### FINANCIAL ASSISTANCE/BENEFITS

**PA Wounded Warriors**
Emergency financial assistance for PA Veterans
- ✉ pawoundedwarriors.org

**BenePhilly**
Assistance with applications for federal, state, city benefits (Philadelphia)
- ✆ 844-848-4376

*SEE ALSO: COUNTY & STATE OFFICES*

### IMPORTANT HOTLINES

**Veterans Crisis Line:**
- ✆ 1-800-273-8255, Press 1 for Veterans
- ✉ TEXT 838255

**Call Center for Homeless Veterans:**
- ✆ 1-877-424-3838

**USDA National Hunger Hotline:**
- ✆ 1-866-3-HUNGRY (486479)
RESOURCES

COUNTY & STATE OFFICES
County and State Offices help Veterans with obtaining benefits, resource connection, and/or financial assistance.

› PENNSYLVANIA
Pennsylvania Department of Military and Veterans Affairs
TEL 1-800-547-2838
WEB dmva.pa.gov

COUNTY VETERAN OFFICES
Philadelphia Veterans Advisory Council
TEL 215-686-3256
WEB phlcouncil.com/veterans
Bucks County Veterans Affairs
TEL 215-345-3307
Chester County Veterans Affairs
TEL 610-344-6375
Delaware County Veterans Affairs
TEL 610-891-4646
Montgomery County Veterans Affairs
TEL 610-278-3285

› NEW JERSEY
New Jersey Department of Military and Veterans Affairs
TEL 1-888-865-8387
WEB nj.gov/military/veterans

COUNTY VETERAN OFFICES
Burlington County Veterans Services
TEL 609-265-5008
Camden County Veterans Services
TEL 856-374-5801 or 1-800-464-VETS (8387)
Gloucester County Veterans Services
TEL 856-401-7660

› DELAWARE
Delaware Commission of Veterans Affairs
TEL 302-739-2792 or 1-800-344-9900
WEB veteransaffairs.delaware.gov

VA BENEFITS
Local organizations with Veteran Service Officers (VSOs) as well as County & State Offices (see above) are often most helpful in navigating VA benefits.

You can also learn about eligibility and apply for benefits online. These benefits may include:
• Disability Compensation
• Health Care
• Memorial Benefits
• Education and Training
• Home Loans and Housing-Related Assistance
• Pension
• Employment Services
• Life Insurance
• Spouses, Dependents, Survivors Benefits

WEB explore.va.gov
TEL 1-800-827-1000

*SEE ALSO: VA CONTACT LIST

OTHER BENEFITS
While not Veteran-specific, the following tools can help you determine eligibility and apply for other health and human services programs.

Benefits.gov (Nationwide)
WEB Benefits.gov

COMPASS (Pennsylvania)
WEB www.compass.state.pa.us

NJOneApp (New Jersey)
WEB oneapp.dhs.state.nj.us

MILITARY SERVICE RECORDS
National Archives
Request DD 214 / Separation Documents, or other military service records.
WEB archives.gov/veterans

WEB National Archives
Request DD 214 / Separation Documents, or other military service records.

National Cemetery Administration
Burial benefits, locate a cemetery or gravesite, receive a burial flag
☎ 1-800-273-TALK or 1-800-273-8255, press 1
🌐 veteranscrisisline.net

Veterans Crisis Line
Confidential toll-free hotline, online chat, or text available 24/7 for Veterans and their families
☎ 1-800-273-TALK or 1-800-273-8255, press 1
🌐 veteranscrisisline.net

Vet Center Program
Readjustment counseling for eligible Veterans
☎ 1-877-WAR-VETS or 1-877-927-8387
🌐 vetcenter.va.gov

Women Veterans Hotline
Connects Women Veterans, their families, and caregivers to VA services and resources
☎ 1-855-VA-WOMEN or 1-855-829-6636
🌐 womenshealth.va.gov

PHILADELPHIA VA INFO
Corporal Michael J. Crescenz VA Medical Center
📍 3900 Woodland Ave, Philadelphia, PA 19104
☎ 215-823-5800 or 1-800-949-1001
🌐 www.philadelphia.va.gov
Telephone Care ☎ 215-823-4133, press 8
Women Veterans Program ☎ 215-823-5915
Patient Advocate ☎ 215-823-5803

Philadelphia Regional Benefit Office
📍 5000 Wissahickon Ave, Philadelphia, PA 19144
What is Telehealth?
Telehealth is a method of offering mental health care appointments through secure video conference when you are not able to visit the clinic.

Who is eligible?
Post 9/11 Veterans and/or military family members (including those from the Guard and Reserve) within the state of Pennsylvania.

What is needed for Telehealth?
- Computer (preferred), tablet, or smartphone with a web camera, microphone, and speakers
- Stable internet connection
- A private, secure space where you cannot be overheard/seen and at low risk for interruptions

Why Use Telehealth?
- IT'S CONVENIENT. Get easy access to care from almost anywhere - including your own home.
- IT’S CONSISTENT. Continue to receive treatment when unable to visit the clinic due to far distance, no transportation, work schedule, health problems, or other reasons.
- IT WORKS. Shown to be equally effective as in-person therapy, Telehealth provides the same high-quality, confidential care through a private, HIPAA-compliant, online platform.

See if Telehealth is right for you
- CALL: 844-573-3146
- EMAIL: MFCinfo@upenn.edu