

## VFWA Department of New Mexico

Hospital Promotional # 4

National Ambassador-Della Steege

Dept. VAVS Rep.- Victoria Jensen

Deputies - Mary Cox and Terry Barrett

### Women's Health Care Services

Chelsea Casey, Women Program Manager ([chelsea@va.gov](mailto:chelsea@va.gov))

This promotion will not only benefit women Veterans but also benefit female military friends that might not be aware of what's out there for them. Spread the word. Offer to help them if you can.

#### General Health Services

If you qualify, your VA Health Providers work with you to create a care plan based on your needs and goals. You can receive care through telehealth or office appointments. Your needs can place you with trained **Women Health Primary Care Providers, Patient Aligned Care Team, Women's Health Care Coordinators**, which are all health professionals in their field.

#### Reproductive Health

The VA has access to productive health services that includes:

- Birth control and family planning
- Fertility evaluation and treatment (for those who are eligible)
- Maternity care
- Menopause management
- Sexual health, including sexually transmitted infection (STI) testing and treatment

These are some treatments that are available

#### Mental Health

Needing help with other needs, the VA has access to the **Women's Mental Health Champion**. This clinic is for women needing counseling on mental issues in their lives. Some facilities offer group counseling specifically for women Veterans. They also offer evaluation, treatment for:

- Stress adjustment from deployment
- Depression, mood and anxiety disorders
- Alcohol, drug or other substance use disorders
- Coping with illness
- Disordered eating
- Military sexual trauma (MST)
- Parenting and caregiver concerns
- Postpartum depression
- Posttraumatic stress disorder (PTSD)

- Psychiatric conditions including Schizophrenia  
These are some of what they treat.

### **Whole Health and Wellbeing Programs**

The VA offers complementary health practices such as:

- Mindfulness
- Tai chi and yoga
- Acupuncture
- Nutrition and weight management
- Drug, alcohol and smoking cessation services
- Sleep therapy and chiropractic services

If you want to learn more about these programs, website is <http://www.womenshealth.va.gov>

Eligibility: <https://www.va.gov/health-care/eligibility>

Apply online or mail: <https://www.va.gov/health-care/how-to-apply>

Apply in person: <https://www.va.gov/find-locations>

Apply by phone: 1-877-222-8387

Monday-Friday 8am-8pm ET.

Veterans Benefits Administration 1-800-827-1000

[www.vba.va.gov](http://www.vba.va.gov)

**I hope this information will help some women Veterans seek help.**