

# Ep 4: What Veterans Should Expect Once They Become Service-connected for Mental Health 10 Point Checklist

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Ways for friends or family to support Veterans and what Veterans can do to support their mental health with this **10 point checklist.**

# Winning Your VA Benefits

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# 10 Steps You Can Take Today

Ways for friends or family to support Veterans and what Veterans can do to support their mental health with this **10 point checklist**.

- Be more patient with yourself. Healing is a never-ending journey that's full of ups and downs. Sometimes the good days last longer, but occasional bad days are inevitable. What's most important is you get back on track.
- Consider getting reevaluated for your Mental Health every couple of years. Mental Health gets better over time through constant work. Knowing your status is crucial for your recovery.
- Be open and honest with your therapist. Help them help you. Build trust and a rapport with them so you can better cope with your healing.
- Avoid social isolation. Seek comfort and support from friends, families, even pets. Don't think that no one is going to help you. The right company will always be there for you. All you need is to do is ask.
- Maintain good relationships with those who care about you. Companionship and communication are good for mental health.
- Refrain from stressful situations by being more aware of your trigger warnings. If something doesn't feel right to you, it's best to change the course or let it go.
- Seek professional treatment. By law, the VA is not allowed to measure a Veteran's level of disability by whether or not they seek treatment.
- Keep going. Don't give up on yourself, and know that help is always available during challenging times. There will always be a light at the end of the tunnel.
- Tune in to more episodes of the Winning Your VA Benefits podcast to get valuable information on VA Disability Benefits.
- Visit [Vet Comp & Pen Medical Consulting](#) to learn more about the ins and outs of VA Disability claims.

To view the transcript, resource links and listen to the podcast, visit:

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