



Veterans Affairs
Canada

Anciens Combattants
Canada

Canada



By phone:

Toll-free: 1-866-522-2122 | TDD/TTY 1-833-921-0071
Monday to Friday 8:30 a.m. to 4:30 p.m., local time



In-person:

Request an in-person appointment at a VAC Area Office at veterans.gc.ca/appointment.

VAC visits northern communities 12 times a year to meet with Veterans, Canadian Rangers, Indigenous service members, and their families. Learn about upcoming visits on our social media accounts and through local media and partners.

The **Indigenous Veterans Engagement Team** (IVET) wants to ensure Indigenous service members, Veterans and their families are aware of VAC's benefits and services. We want to learn about any gaps or barriers that may exist.

The team would be happy to attend meetings or events, give presentations on our programs, and hear from First Nations, Inuit and Métis Veterans about their experience with VAC's programs and services. Email ivet-emva@veterans.gc.ca

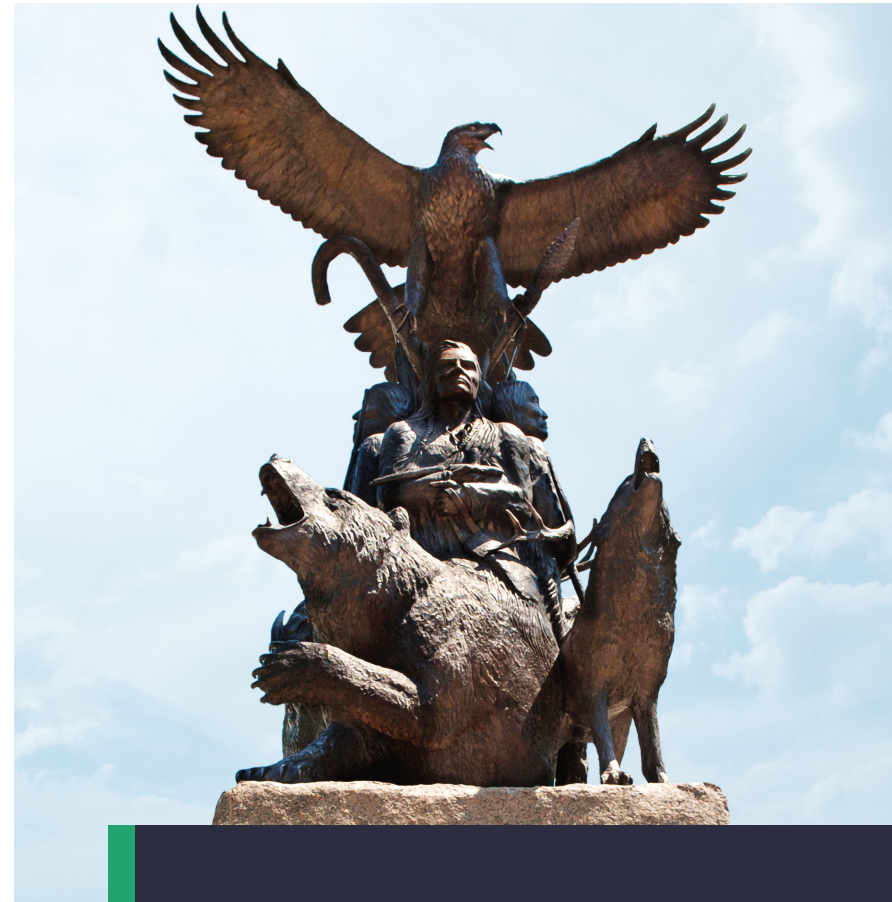
In writing:

My VAC Account is a simple and secure way to connect with us on-line 24/7, 365 days a year. You can also request a virtual appointment via My VAC Account. Register now at www.veterans.gc.ca/eng/e_services.



Online:

Veterans.gc.ca
for information on
benefits and services.



A guide to services for First Nations, Inuit, and Métis current and former service members

Explore Veteran Affairs Canada services available to you

Thank you for your service.

First Nations, Inuit, and Métis Veterans have a proud tradition of service to Canada.

Indigenous service members, Canadian Rangers, Veterans, including former Canadian Armed Forces (CAF) and Royal Canadian Mounted Police (RCMP) members, and their families, can receive benefits and services to support their health and well-being.

This pamphlet outlines the range of benefits and services available from Veterans Affairs Canada (VAC).



Benefits and services for your health and well-being



physical and mental health
services and compensation



financial programs
and services



support for education
and jobs



support for housing
and home life



support for caregivers



commemorative programming
and services, and more

**These benefits and services can be accessed
in addition to provincial, territorial and
other federal programs.**

Healing your way forward

Contact VAC to learn more about:

Disability benefits

Do you have an illness or injury from your service? Disability benefits include financial recognition for the impact this service-related injury or disease can have on your life, as well as treatment benefits to treat your injury. Disability benefits are available to Indigenous CAF members and Veterans, including Canadian Rangers, and current and former RCMP members.

Rehabilitation services

Rehabilitation services can improve your health and help you adjust to life at home, in your community or at work. Depending on your circumstances and needs, rehabilitation services professionals and specialists can help you adapt to your service-related illness or injury. Available to CAF Veterans and released Canadian Rangers.

Case management services

Support for releasing CAF members, Canadian Rangers and Veterans, including former CAF and RCMP members facing complex challenges.

VAC Assistance Service

The VAC Assistance Service can provide you with psychological support. It is available 24 hours a day, 365 days a year. The service is for Veterans, Canadian Rangers, former RCMP members, their families, and caregivers and is provided at no cost. You do not need to be a client of VAC to receive services.

Toll-free: 1-800-268-7708; TDD/TYY: 1-800-567-5803

The Operational Stress Injury Social Support (OSISS)

A peer support network that offers still serving and former CAF members, Canadian Rangers and their families someone to talk to who has first-hand experience. OSISS offers a **National Indigenous Group**, a sacred safe space for Indigenous Veterans with an operational stress injury to come together and share some of their unique lived experiences, all through an Indigenous lens.

Toll-free: 1-800-883-6094



Pathways to your future

Do you want to go back to school after your career in the military? The Education and Training benefit may be able to help pay for the education.

With a certification, degree, diploma, or just additional training, you can have a greater advantage in the civilian workforce. This benefit is available to CAF Veterans and Canadian Rangers.

Career Transition Services help still-serving and former CAF members, and eligible Veterans' spouses, common-law partners or survivors gain and build the knowledge and skills needed to start a new career after their service.

Staying close to home

Could home care services help you remain independent in your own home? The Veterans Independence Program provides funding to help cover the cost of services such as grounds maintenance, housekeeping, meal preparation, personal care, and professional health and support services for CAF Veterans.

Supporting you and your Caregivers

Having a disability sometimes means you need ongoing care to remain in your home. The Caregiver Recognition Benefit recognizes the important role a caregiver delivers on a day-to-day basis by providing them with a tax free, monthly recognition benefit.

Remembering Indigenous Veterans' service

Veterans Affairs Canada has free, bilingual learning materials to help youth learn about the achievements and sacrifices of Indigenous service members. Our Indigenous Veterans web feature includes historical resources, Veteran profiles, videos and lesson plans.

Our Veteran Recognition Card program gives youth the chance to give personal notes of thanks to Veterans and Canadian Armed Forces members. Education resources may be ordered or downloaded at veterans.gc.ca/educators.

Are you planning a commemorative event or undertaking a War Memorial project in your community? For War Memorial projects in Indigenous communities, the Commemorative Partnership Program reimburses up to 100% of eligible expenses to a maximum of \$50,000.