



# Serving women who served

A guide to Veterans Affairs Canada support services for women

## Supporting the women Veteran community

Canadian women have made significant contributions to our country, overcoming obstacles to serve in various roles in the Canadian Armed Forces (CAF) or the Royal Canadian Mounted Police (RCMP). On behalf of all of us at Veterans Affairs Canada (VAC), thank you for your service.

In this guide, explore the range of supports for you and your family. From mental health care and rehabilitation to education and career assistance, there are benefits and services to support your health and well-being as you transition to life after service.

# Health and well-being

Get support or treatment for illness or injury related to military or RCMP service.

## Mental health

Women Veterans have incredible strength, and seeking help for mental health struggles is not only a sign of strength — it's an essential part of caring for your overall health. As a Veteran, you and your family have access to [mental health programs and services](#) and [mental health benefits](#) when and where you need them.

[Operational stress injury \(OSI\)](#) clinics located across the country offer specialized mental health services for current and former CAF and RCMP members and their families. The [Operational Stress Injury Social Support network](#) also offers women someone to talk to who has first-hand experience.

*If you are a former member of the CAF or RCMP and need immediate assistance, or if you are a concerned family member of a Veteran, contact the VAC Assistance Service at 1-800-268-7708 to speak to a mental health professional now.*

## Disability benefits

Disability benefits are available to recognize the impact of your service-related injuries or disease. A [Disability benefit](#) is a tax-free financial payment to support your well-being, distributed as either a lifetime monthly payment or lump-sum benefit. Anyone diagnosed with a medical condition or disability related to their service is encouraged to apply. This includes those experiencing conditions due to military sexual trauma. Disability benefits are available to:

- CAF members and Veterans
- current or former members of the RCMP
- Second World War and Korean War Veterans (including the Merchant Navy)

- members of the Primary Reserve, COATS or Canadian Rangers
- some civilians who served during the Second World War

[See what you need to include in your application](#) or find in-person assistance at any [VAC Office](#), [CAF Transition Centre](#) or [Service Canada office](#). Service officers with [The Royal Canadian Legion](#) or the [War Amps of Canada](#) can also help you apply.

You can also get support online through My VAC Account or by calling us at 1-866-522-2122.

Once you've qualified for a Disability benefit, you will be eligible for a variety of other VAC services and benefits. [Learn more.](#)

## Rehabilitation services

Rehabilitation services can help you adapt to a service illness or injury, improve your health, and adjust to life at home, in your community or at work. Working with your Case Manager, rehabilitation services professional and specialists, we can help you develop an individualized rehabilitation plan that is based on your needs, potentially including:

- **Medical rehabilitation services**  
to improve your health
- **Psycho-social rehabilitation services**  
to help you regain independence
- **Vocational rehabilitation services**  
to help you start a new career

\*VAC rehabilitation services are available to CAF Veterans.

## Military sexual trauma

Anyone can be impacted by military sexual misconduct and trauma, however, women are too often the survivors of sexual trauma. You are not alone. If you experienced sexual misconduct during your service, supports are available through the [Sexual Misconduct Support and Resource Centre](#) and the [Military Sexual Trauma Peer Support Program](#).

If you are experiencing conditions such as post-traumatic stress disorder, depression, and/or physical conditions due to military sexual trauma are also encouraged to apply for VAC's disability benefits and/or rehabilitation services.

# Education and career transitions

Find new career opportunities with financial support for your post-service education and training.

## Education

Want to expand your knowledge or try something new? The [Education and Training Benefit \(ETB\)](#) provides taxable financial support for education or training after service.

If you have been honourably released from the CAF on or after 1 April 2006, or are a member of the Supplementary Reserve, and have at least 2,191 paid days of service, the ETB can provide you with taxable support to pay for education to reach your career or personal goals. ETB funding can be used to earn a degree, diploma, certification, or for shorter professional/personal interest courses.

## Career transition

You have valuable skills and abilities that employers are looking for. Get access to one-on-one career counselling, resume assistance, interview preparation and job search support to help you start a new career after service.

[Career Transition Services](#) are available to eligible members and Veterans of the CAF, and the spouses, common-law partners or survivors of eligible Veterans.



# Help at home

Get help to remain independent and self-sufficient in your home and your community.

## Independence after service

If home care services could help you remain independent in your own home, let us help. The [Veterans Independence Program](#) provides annual funding to help cover the cost of home care services, such as grounds maintenance, housekeeping, meal preparation, personal care and professional health and support services. Available to CAF Veterans.

## Emergency financial support

Women Veterans like yourself have been there for Canadians in times of emergency. When the unexpected happens, support is available. The [Veterans Emergency Fund \(VEF\)](#) provides financial assistance when you find yourself in an emergency situation that is threatening your health and well-being. The Fund covers essentials such as food, clothing, and expenses required to maintain safety and shelter. You and your family will also be referred to other resources to help them in the longer term. Available to CAF Veterans, their families and survivors.



# Commemorative programming and services

Help recognize the service of women Veterans in your community.

## Student learning materials

VAC offers free, bilingual resources to help students of all ages learn about the brave people who served our country in times of war, military conflict and peace. In particular, our page on [Women in the Canadian Military](#) highlights women's service to Canada. Additional educational resources are available for order or download at [veterans.gc.ca/educators](http://veterans.gc.ca/educators).

## Commemorative Partnership Program

Recognizing the achievements and sacrifices of women who served is a key part of VAC's mandate. To support this commitment, the [Commemorative Partnership Program](#) provides funding to organizations that honour the contributions and sacrifices of Canada's military community through two streams:

- Community Engagement funding supports organizations undertaking remembrance initiatives including commemorative activities or the development of commemorative materials.
- Community War Memorial funding supports the construction, restoration, or expansion of a community war memorial.

### For more information, contact

[cpp-ppc@veterans.gc.ca](mailto:cpp-ppc@veterans.gc.ca).

# Connect with us

## My VAC Account

[My VAC Account](#) is a simple and secure way for retired and serving CAF and RCMP members and their families to connect with VAC — all with just a few clicks!

## Salute!

Each month, [Salute!](#) aims to be your eyes and ears into VAC — a place where you can learn how any change to your benefits or services may impact you and your family, find inspiring profiles of Veterans who have successfully transitioned to life after service, and see yourself, your family and the community of those you served with come alive on each page.

## Contact us

### By phone:

Call 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](#)

### 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](http://www.veterans.gc.ca/eng/e_services).

### Online:

[Veterans.gc.ca](http://Veterans.gc.ca)

for information on benefits and services.

# More information

Find out more about how VAC supports women Veterans by learning about the [Veteran and Family Well-Being Fund](#).