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[Veterans-For-Change](http://www.veteransforchange.org)

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Get Help with VA PTSD Care, Benefits, or Claims

To get help with issues related to quality of care, you can contact several people at the [VA Medical Center](#) near you. The National Center for PTSD does not provide advocacy services. If you are not satisfied with the services that you are receiving, all VA Medical Centers have the following personnel:

- [Patient Representative/Advocate](#): This person's job is to help make sure you are satisfied with your care. If this person does not help, you can then contact the VA Medical Center Director's Office.
- [OEF/OIF Program Manager](#): If you served in the more recent conflicts, you can approach the OEF/OIF Program Manager at your local VA. Their job is also to help coordinate your care.

To get help if you are having problems with benefits or claims, contact:

- [VA Disability Benefits/General Information](#): 1-800-827-1000
- [VA Health Benefits](#): 1-877-222-8387
- [Veterans Service Organizations \(VSO's\)](#): VSO's, such as Disabled American Veterans (DAV), Vietnam Veterans of America (VVA), and many others, can help you with VA claims and paperwork. VSO's chartered by Congress or recognized by VA can advocate for you and represent you in VA claims.
- [State Veterans Affairs Offices](#): In addition to the federal VA, every state has an office of Veterans affairs. These offices have personnel that can advocate for you and help with VA claims and paperwork.