

# Resources for Veterans – San Mateo County

## GENERAL

### **U.S. Department of Veterans Affairs**

To find your local Department of Veterans Affairs office, visit <https://www.va.gov/find-locations>.

**Veteran Services Office (VSO)** – Helps veterans access state and Federal benefits that they and their family are entitled to.

550 Quarry Road  
San Carlos, CA 94002

Website: <https://www.smcgov.org/hsa/veterans-services-office>

Phone: (650) 802-6598 | Email: [veteranservices-smc@smcgov.org](mailto:veteranservices-smc@smcgov.org)

Hours:

Mon./Wed./Fri.: Phone or Virtual Appointments Only

Tues./Wed.: 8 am – 4pm, In-Person Appointments

## LEGAL

**VetLex** – Platform that provides veterans with an online tool for obtaining pro bono counsel.

Website: <https://vetlex.org/>

**Bay Area Legal Aid** – Provides free legal assistance to veterans concerning benefits, character of discharge determinations, discharge updates, SSDI, SSI, housing preservation, consumer law, domestic violence prevention, and health care access.

Website: <https://baylegal.org/what-we-do/our-clients/veterans-project/>

Phone: (800) 551-5554

**Form MIL-100** – Veterans can file Form MIL-100 to alert the Court of their veteran status and help them gain access to resources and benefits for Veterans.

Form: <https://www.courts.ca.gov/documents/mil100.pdf>

**Disabled Veterans' Exemption** – Reduces the property tax liability on the principal place of residence of veterans who, due to a service-connected injury/disease, have been rated 100% disabled or are being compensated at the 100% rate due to unemployability.

Website: [https://www.boe.ca.gov/proptaxes/dv\\_exemption.htm#Description](https://www.boe.ca.gov/proptaxes/dv_exemption.htm#Description) (general info.)

| <https://smcacre.org/assessor/veterans-exemption-forms> (forms)

**ABA Free Legal Answers for Veterans** – Website that allows income-eligible individuals to submit questions about civil legal issues and receive answers from pro bono lawyers.

Website: <https://abafederal.freelegalanswers.org/> (general information) |

<https://abafreelegalanswers.org/> (main site)

**Veterans Treatment Court** – Specialized court available to current or former members of the U.S. Military involved in the criminal justice system. Graduates from the program may qualify to have their fines reduced, have probation terminated early, and/or have their conviction expunged or dismissed.

Eligibility requirements: <https://www.smcgov.org/probation/veterans-treatment-court-0>

General information:

<https://www.sanmateo.courts.ca.gov/divisions/criminal/collaborative-court/veterans-treatment-court-vtc>

**Military Diversion** - Pretrial program for current or former members of any branch of the U.S. Military charged with misdemeanor crimes.

Forms/more information: (650) 298-4000 (Private Defender Program) or (650) 363-4244 (Probation Department)

Website: <https://www.sanmateo.courts.ca.gov/divisions/criminal/collaborative-court/military-diversion>

For a general list of legal resources, visit: <https://www.smcgov.org/hsa/legal>

Contact: Veteran Services Office

Phone: (650) 802-6598

Email: [veteranservicesmc@smcgov.org](mailto:veteranservicesmc@smcgov.org)

## **HEALTH CARE**

### **Information on How to Apply for VA Healthcare**

Website: <https://www.va.gov/health-care/how-to-apply/>

There are four ways you can apply for VA health care:

1. Apply by phone by calling (877) 222-8387, Monday through Friday, 5 a.m. – 5 p.m. PT to get help with your application
2. Fill out an Application for Health Benefits (VA Form 10-1-EZ): <https://www.va.gov/find-forms/about-form-10-10ez/>. Send your completed application to:  
Health Eligibility Center  
2957 Clairmont Rd., Suite 200  
Atlanta, GA 30329
3. Apply in person by going to the nearest VA medical center or clinic. You can find the nearest center or clinic by going to this website: <https://www.va.gov/find-locations/>. Bring a signed Application for Health Benefits (VA Form 10-10EZ) with you.
4. Apply with the help of a trained professional, such as the Veteran Services Office

<https://www.va.gov/health-care/apply/application/introduction>

**Palo Alto VA Medical Center-Menlo Park (VA Health)** - Provides primary care and specialty health services, including addiction and substance abuse treatment, mental health care, physical and occupational therapy, suicide prevention, and more.

795 Willow Road

Menlo Park, CA 94025-2539

Website: <https://www.va.gov/palo-alto-health-care/locations/palo-alto-va-medical-center-menlo-park/>

Phone: (650) 614-9997, ext. 22234

**San Bruno VA Clinic** - Provides primary care and specialty health services, including social work, podiatry, audiology, outpatient mental health services, and more.

1001 Sneath Lane

Suite 300

San Bruno, CA 94066-2349

Website: <https://www.va.gov/san-francisco-health-care/locations/san-bruno-va-clinic/>

Phone: (650) 615-6000 (main) | (650) 615-6030 (mental health)

## **TRANSITION SUPPORT**

### **Operation Healing Forces - Special Operations Additional Resources Program (S.O.A.R)**

Offers employment services, financial planning and a legal assistance program.

Website: <https://operationhealingforces.org/programs/>

Phone: (727) 631-9713

Email: [info@ophf.org](mailto:info@ophf.org)

**Wounded Warrior Project** – Serves veterans and service members who sustained a physical or mental injury, illness, or wound while serving in the military on or after September 11, 2001. Family members are also eligible for their programs. These include their resource center, peer support groups, mental/physical health and wellness programs, financial education initiatives, and support to severely wounded warriors.

Website: <https://www.woundedwarriorproject.org/mission> (general information)

<https://www.woundedwarriorproject.org/media/ie2enyin/wounded-warrior-project-program-directory.pdf> (program information)

Phone: (832) 6997

**Disabled American Veterans** – Provides a variety of free services to veterans, including assistance with navigating VA benefits, transportation to and from VA medical facilities, and support with finding a job.

Website: <https://www.dav.org/>

Various Locations: <https://www.dav.org/find-your-local-office/>

## **COMMUNITY SUPPORT**

**Operation Surf** – Free six day (two days of travel and four days of adaptive surfing) rehabilitative program that promotes wellness and introduces new tools and resources to the military and veteran community. The program includes peer-to-peer support, daily yoga, and mindfulness.

80 San Francisco St.

Avila Beach, CA 93424

Website: <https://operationsurf.org/>

Phone: (805) 544-7873

**Semper Fi Fund** – Provides immediate financial assistance to combat wounded and critically ill injured members of all branches of the U.S. Armed Forces and their families.

Website: <https://thefund.org/about-us/>

Phone: (760) 725-3680

**American Legion** - Service organization dedicated to uplifting the veteran community through sponsorship of programs in local communities.

Various Locations

American Legion Post 82: 130 South Blvd, San Mateo, CA

Phone: (650) 345-7388

Email: [alpost82@aol.com](mailto:alpost82@aol.com)

Website: <http://www.alpost82.com/about/>

American Legion Post 105: 651 El Camino Real, Redwood City, CA 94063

Phone: (650) 365-1337

Website: <https://americanlegionpost105rwc.org/>

## **NATIONAL HOTLINES**

National Vet Center Call Center: 1 (877) 927-8387

Veterans and Military Crisis Line: Dial 988 then Press 1  
To text: 838255

To chat: <https://www.veteranscrisisline.net/>

National Suicide Prevention Lifeline: 1 (800) 273-8255

To text: 988

To chat: <https://988lifeline.org/chat/>

The National Crisis Text Line

Text 'HOME' to 741741

National Homeless Veteran Call Center: (877) 424-3838

Alcoholics Anonymous: 1 (866) 412-3167

Website: <https://www.aa.org/>

Narcotics Anonymous: 1 (818) 773-9999

Website: <https://www.na.org/>