

Local Houston Area Quality of Life Resources

Harris County Veteran Services Office: <https://vso.harriscountytexas.gov/>

- Assists Texas Veterans to apply for compensation, pensions, hospitalization, and benefits.
- Will do home visits and transportation for disabled Veterans.

Michael E. DeBakey VA Medical Center in Houston: <https://www.houston.va.gov/>

- Has free Veterans Legal Advice Clinic.
- Emergency Room is open 24 hours a day.

Veteran Centers: Serve Veterans and their family members.

- Houston West Vet Center: <https://www.va.gov/directory/guide/facility.asp?ID=672>
- Houston Southwest Vet Center: <https://www.va.gov/directory/guide/facility.asp?ID=671>

Veterans Service Organizations: <https://www.benefits.va.gov/ROHOUSTON/veterans-services-orgs.asp>

- Houston Regional Office counsels about eligibility for VA benefits and how to apply.
- Houston Regional Office provides information about VA health care and memorial benefits.

METRO Transit Authority Veterans Pass: <https://www.ridemetro.org/Pages/VeteransPass.aspx#>

- Houston's METRO's fares include The Qualified METRO Veterans Pass (MVP).
- MVP provides qualified U.S. military veterans with free, unlimited rides on light-rail, local bus, and Park & Ride service.

YMCA and Local Community Center Aquatic Therapy Programs:

- Houston local YMCAs offer a range of physical and rehabilitation therapy services such as aquatic therapy as well as strength, treadmill, and balance and gait training.
- Houston T.W. Davis Family YMCA:
<https://www.ymcahouston.org/locations/tw-davis-family-ymca/programs>

Recreational Outdoor Activities:

- Houston VA Medical Center Recreation Therapy:
https://www.houston.va.gov/services/Recreation_Therapy.asp
- National VHA Recreational Therapy Services: <https://www.prosthetics.va.gov/rectherapy/aboutus.asp>
 - Get outdoors to move and be active.
 - Primary Care doctors can refer VA patients to medical center services.

Texas State Quality of Life Resources

Texas Veterans Commission: <https://www.tvc.texas.gov/education/>

- Connects Texas Veterans to higher education and technical training opportunities.
- Provides grants for general assistance, housing, and services.