

Published on *VirginiaNavigator* (<https://virginiannavigator.org>)

Get Involved ~ VA's Million Veteran Program

Connect with Your Community This Winter

VA's Million Veteran Program (MVP) shares ways to feel involved in your community

That process can involve a variety of emotions like joy, stress, excitement or anxiety. Whatever you're feeling this time of year, it can be helpful to ground yourself in your community, whether that's your family and friends, local organizations or groups of like-minded peers.

Being involved in your community may also be good for your health. Researchers using [Million Veteran Program \(MVP\)](#) data provided the first genetically informed evidence that reducing loneliness may decrease risk for depression, indicating that supporting efforts to reduce loneliness may help prevent or improve major depression.

Here are some ideas to help you get involved this winter

- Attend a VA outreach event. Did you know VA offers events like wellness expos, creative arts classes or online Esports gatherings? Visit your local VA's webpage or browse the [national listings](#) to connect with Veterans in your community.
- Organize a [Veterans Social](#) in your community. Connecting with other Veterans helps provide a sense of belonging and connection through a social support system of your peers.
- Volunteer with community groups or local chapters of national Veterans Service Organizations (VSOs). Many community groups and VSOs rely on volunteers and the winter season can be an especially busy time for groups that give back. Find a local organization (or local chapter of a national organization) that's involved in volunteer work that matters to you.

Join MVP to support health care research

You can join another community here at VA by signing up for MVP, where we're studying how genes, lifestyle, military experiences and exposures affect health and wellness.

Researchers using MVP data study conditions that matter to Veterans, like:

- Cancer.
- Cardiovascular disease.
- Diabetes.
- Kidney disease.
- Posttraumatic stress disorder (PTSD).
- Substance use disorders.
- Suicide prevention.
- Traumatic brain injury (TBI).
- And more.

More than 1,000,000 Veterans have joined MVP, each putting us one step closer to transforming personalized health care for all Veterans and, ultimately, all Americans. [Learn more about MVP or join today.](#) You can also call 866-441-6075 to make an appointment at a participating VA facility. You don't need to receive your care at VA to participate.

Article Source

VA News

Source URL

<https://news.va.gov>