

ST. LOUIS BLUES WARRIORS

VETERAN RESOURCE QUICK GUIDE | OCTOBER 2026

A Message to Veterans

The St. Louis Blues Warriors are more than a hockey team. We're a community of veterans committed to supporting one another both on and off the ice.

This guide was created to help connect our members and their families with valuable resources throughout the greater St. Louis area. Whether you're navigating VA benefits, seeking employment, facing financial challenges, or looking for ways to stay active and connected, we hope you'll find something here that helps.

You don't have to navigate these challenges alone. If you're unsure where to start or need additional assistance, please reach out to our Director of Veterans Affairs. We're here to help connect you with the support you need.

If you or someone else is in immediate danger, call 911. Veterans Crisis Line: dial 988, then press 1, or visit veteranscrisisline.net.

VA BENEFITS, HEALTH & RECORDS

VA healthcare — Enrollment, eligibility and care [Visit resource ↗](#)

Missouri Veterans Commission — Assistance with veterans benefits and claims [Visit resource ↗](#)

Veteran Readiness & Employment (VR&E) — Employment and training support for eligible veterans [Visit resource ↗](#)

Request military records / DD-214 — Request records through VA or National Archives [Visit resource ↗](#)

St. Charles County VA Clinic — Local VA outpatient services [Visit resource ↗](#)

MENTAL HEALTH & PEER SUPPORT

Veterans Crisis Line — 24/7 confidential crisis support: dial 988 then press 1 [Visit resource ↗](#)

Vet Centers — Readjustment counseling for eligible veterans and families [Visit resource ↗](#)

VA mental health — Care and treatment information [Visit resource ↗](#)

RECREATION & CONNECTION

VA Recreation Therapy — Ask your VA care team about recreation therapy programs and referrals [Visit resource ↗](#)

Project Healing Waters — Fly fishing and community programs [Visit resource ↗](#)

Team Red, White & Blue — Veteran community and physical activity [Visit resource ↗](#)

Wounded Warrior Project — Wellness, community and support programs [Visit resource ↗](#)

WORK, EDUCATION & TRAINING

Hire Heroes USA — Career coaching and employment support [Visit resource ↗](#)

Helmets to Hardhats — Skilled-trades career pathways [Visit resource ↗](#)

Missouri Job Centers — Local workforce and job-search support [Visit resource ↗](#)

GI Bill education benefits — Education benefits and eligibility [Visit resource ↗](#)

Missouri Returning Heroes Act — State education benefit information [Visit resource ↗](#)

HOUSING, FOOD, BILLS & TRANSPORTATION

VA homeless veteran support — Call 877-424-3838 for assistance [Visit resource ↗](#)

St. Patrick Center — Housing and support services in the St. Louis area [Visit resource ↗](#)

St. Louis Area Foodbank — Find food assistance locally [Visit resource ↗](#)

Ameren energy assistance — Help with eligible utility bills [Visit resource ↗](#)

Spire assistance — Gas bill payment support options [Visit resource ↗](#)

DAV transportation — VA appointment transportation information [Visit resource ↗](#)

LEGAL HELP & VETERAN ADVOCACY

University of Missouri Veterans Clinic — VA disability claims and discharge upgrade assistance [Visit resource ↗](#)

Legal Services of Eastern Missouri — Civil legal aid for eligible residents [Visit resource ↗](#)

The Veterans Consortium — Pro bono veterans legal assistance [Visit resource ↗](#)

VA legal resources — Directory of legal assistance resources [Visit resource ↗](#)

A NOTE TO MEMBERS

Need help with hockey dues, registration or equipment costs? Contact the Director of Veterans Affairs privately to discuss possible support and referrals.

Editorial note: This draft combines resources from the existing Blues Warriors guide and the City of St. Charles veterans directory supplied by the user. Verify current program eligibility, phone

numbers, schedules, service area and website links before publication. This is an informational referral guide, not an endorsement or legal/medical advice.