

## OTHER RESOURCES

### Charlotte Center for Legal Advocacy, Veterans Legal Services Project

- [lssp.org/services/veterans-legal-services](http://lssp.org/services/veterans-legal-services)
- 800-438-1254

### LawHelpNC, Veterans and Military

- [lawhelpnc.org/issues/military-and-veterans-affairs](http://lawhelpnc.org/issues/military-and-veterans-affairs)

### N.C. Central University School of Law, Veterans Law Clinic

- [law.nccu.edu/clinics/veterans-law](http://law.nccu.edu/clinics/veterans-law)
- 919-530-6333

### N.C. Department of Military & Veterans Affairs

- [milvets.nc.gov](http://milvets.nc.gov)
- 984-204-8366
- Resource Guide: [nc4vets.com](http://nc4vets.com)

### NCVetsLegal

- [NCVetsLegal.org](http://NCVetsLegal.org)

### U.S. Armed Forces Legal Assistance

- [legalassistance.law.af.mil](http://legalassistance.law.af.mil)

### Wake Forest Law, Veterans Legal Clinic

- [veteransclinic.law.wfu.edu](http://veteransclinic.law.wfu.edu)
- 336-758-5430

LEGAL AID NC



## APPLY FOR HELP

### Office Hours Veteran Services

Daytime: Monday - Friday 0830 - 1700  
Evening: Monday and Thursday 1730 - 2130

### Apply by phone

1-866-219-5262 (toll-free)  
Monday - Friday: 0830 - 1630  
Monday & Thursday: 1730 - 2030

### Apply online

[www.legalaidnc.org/apply](http://www.legalaidnc.org/apply)

### Senior Legal Helpline (ages 60+)

1-877-579-7562 (toll-free)  
Monday - Friday: 0900 - 1100 & 1300 - 1500

To learn more about how we can help,  
visit [legalaidnc.org/our-services](http://legalaidnc.org/our-services).



# Veterans Law Project



LEGAL AID NC



## ABOUT US

### Legal Aid of North Carolina

Legal Aid of North Carolina is a statewide, nonprofit law firm that provides free legal services in civil matters to low-income people in order to ensure equal access to justice and to remove legal barriers to economic opportunity.

### Who We Help

We provide free legal help to low-income veterans who have problems with their disability benefits or military discharge.

We help military veterans who live at or below 200% of the federal poverty level (see [aspe.hhs.gov/poverty-guidelines](http://aspe.hhs.gov/poverty-guidelines)).

We prioritize cases involving homelessness or the risk of homelessness. We do not handle criminal, traffic or personal injury cases.

Learn more: [legalaiddnc.org/our-services](http://legalaiddnc.org/our-services)

## OUR SERVICES

### Pension benefits

We appeal denials of benefits and discontinuation of pension benefits.

You may qualify for tax-free benefits if you are:

- low income,
- over 65, or under 65 and permanently disabled,
- in a nursing home receiving skilled care,
- and you served at least 90 days active duty and at least one day during a wartime period before 1980, or you served at least 24 months after 1980/09/07

If you qualify for pension benefits, you may also be eligible for additional compensation if you are housebound or require aid and attendance from another person in order to perform your daily living activities.

### Overpayments

We can help you appeal or file waivers when overpayments are charged.

VA notices of overpayment can be challenged. Veterans can also seek a waiver of repayment or negotiate a settlement.

### Disability compensation

We appeal denials of service-connected benefits for injuries related to mental health or Military Sexual Trauma (MST) when the denial is due to character of service.

You may be entitled to monthly, tax-free compensation benefits and health care if you have an illness or disability that started during your service, was caused by your military service, or aggravated by a service injury.

### Discharge upgrades

We seek to improve veterans' military records, primarily when there is evidence of PTSD, TBI or MST prior to separation from service.

The nature and character of a discharge may be upgraded if it is less than honorable. A less than honorable discharge will generally affect your eligibility for benefits.

- If it has been less than 15 years since your date of discharge, you would apply to the Discharge Review Board.
- If it has been 15 or more years, you would apply to the Board of Correction for Military Records.

