

Improving veteran mental health

**Request for Application deadline:
Thursday, August 7, 5:00 pm ET**

Our commitment

The Cigna Group Foundation is committing \$9 million over three years to **improve the mental health of veterans** by helping address the significant impact that social determinants of health, specifically **housing stability**, have on mental health.

Our why

Nationwide, about 7% of U.S. veterans will experience PTSD at some point in their lives.¹ Deployment raises the likelihood that veterans experience trauma and carry visible and invisible scars.² During their time of transition to civilian life and beyond, veterans often face significant challenges, such as finding work and thus earning an income and paying for basic needs, including food, clothing and housing.

- Veterans experiencing housing instability have increased odds of frequent mental distress and suicidal ideation.³
- Veterans face an elevated risk of homelessness relative to the general population. On any given night, an estimated 40,000 veterans go without shelter in the United States.⁴ Additionally, about 1.5 million veterans are considered at risk of homelessness.⁵
- Evaluations of supportive housing programs providing wraparound services show housing retention rates of at least a year.⁶

Our call for action

We seek to collaborate with and support nonprofit organizations that leverage evidence-informed programs and services (such as the Housing First model) to help veterans feel stable where they live and ultimately create positive impact on their mental health.

Our grant program goals are as follows:

Increase permanent housing available for veterans.

Improve affordability of housing for veterans through rental or mortgage assistance.

Enhance the offering of wraparound services for veterans transitioning from shelters.



Together, we can improve the lives of our country's veterans.

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Grant program process, eligibility and requirements

- The RFA and full application are two distinct steps. First step: The RFA link available on our website will direct you to the grant application portal to complete the RFA. Second step: If eligible and invited to submit a full application, you will receive an email with a link to access it. Please note the dates in the timeline for these steps.
- The organization is a registered 501(c)(3) charitable organization and within one of the specific subsections of the Internal Revenue Code (see [FAQ](#)).
- The budget narrative should reflect eligible expenses required for the specific grant request only. Salaries for staff members are allowable for related program implementation. Non-eligible expenses include fringe benefits, payroll taxes, general operating expenses, and administrative and indirect costs.
- Progress and impact measurement, including activity-tracking practices, outcome measurement and evaluation methodology, should be clearly articulated in the application.
- The measurement approach should include connecting how program outputs and activities related to housing stability result in long-term, sustainable improved mental health among veterans. For example, for the grant program goal to enhance the offering of wraparound services for veterans transitioning from shelters, we'll seek to understand an aligned measure, such as number of veterans served by a program that delivers mental health treatment (or other wraparound services).
- Grantees awarded funding will be expected to complete a progress report (at 6 months) and final report (at 12 months/end of term).
- Additional details, including the link to the RFA, can be found on The Cigna Group Foundation [website](#).

Grant range and term

\$100,000–\$150,000

One year (12 months) active programming

Grant program delivery: (must be in one of the following states*)

Arizona	Missouri
Connecticut	New Jersey
Florida	Pennsylvania
Georgia	Tennessee
Illinois	Texas

Grant program timeline

7/8/2025	RFA opens
8/7/2025 5:00 pm ET	RFA closes
8/19/2025	Invite to submit full application (if eligible)
9/16/2025 5:00 pm ET	Full application due
Early Nov. 2025	Decision notification
1/1/2026	Grant term begins

**National organizations may be eligible with existing partnership/program delivery model for states listed.*



References
* U.S. Department of Veterans Affairs. (n.d.). Common reactions of veterans returning from deployment. PTSD: National Center for PTSD. Retrieved from https://www.ptsd.va.gov/understand/common/common_veterans.asp.
Thurston A. "Why Veterans Remain at Greater Risk of Homelessness." Boston University: The Bink, November 9, 2022. <https://www.bu.edu/articles/2022/why-veterans-remain-at-greater-risk-of-homelessness/>.
* Nichteir B, Tsai J, Pietrzak RH. Prevalence, correlates, and mental health burden associated with homelessness in U.S. military veterans. Psychol Med. 2023 Jul;53(9):3952–3962. doi: 10.1017/S0033291722000617. Epub 2022 Mar 18. PMID: 35301973; PMCID: PMC10317824. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC10317824/>.
* U.S. Department of Veterans Affairs. (n.d.). Homelessness. VA Research. Retrieved from <https://www.research.va.gov/topics/homelessness.cfm>.
* Green Doors. (n.d.). Facts about veteran homelessness. Retrieved from <https://greendoors.org/facts/veteran-homelessness.cfm>.
* U.S. Interagency Council on Homelessness. (2019). The evidence behind approaches that end homelessness. <https://www.ich.gov/sites/default/files/document/Evidence-Behind-Approaches-That-End-Homelessness-Brief-2019.pdf>.