



Guide to a Successful Mental Health C&P Exam

Hello, Veterans!

With evidence from our Independent Medical Opinions, veterans can often bypass the C&P exam, but sometimes the VA will still require one. The safest thing to do is prepare for your exam just in case. So we want to help you get ready for your C&P exam. This exam is important because it helps the VA collect evidence to decide on your benefits. This guide will help you get the most accurate benefits.

[What is a C&P Exam?](#)

[Getting Ready for Your Exam](#)

[During Your Exam](#)

[After Your Exam](#)

[Why This Exam Is Important](#)

[VMHA Is Here to Help](#)

What is a C&P Exam?

C&P stands for Compensation and Pension. The VA uses this exam to decide how your mental health is impacting you. The result of this exam helps the VA understand your needs and decide on your benefits.

Getting Ready for Your Exam

It's important to prepare. Here's what you can do:

- Get Your Records:

- Collect your medical records that pertain to mental health, including any records from therapists or providers who prescribed medication to treat your mental health symptoms. .
- Know Your Symptoms:
 - Make a list of your symptoms. How do they affect you? Do they stop you from doing things you want or need to do in your everyday life?
 - Write in a journal daily, or at least every other day, noting how you feel and anything noteworthy related to your mental health.
- Think About Your Service:
 - Be ready to talk about how your time in the military affected your mental health.
 - Write down any events that were taxing on your mental health.
- Practice Talking:
 - If you have received an Independent Medical Opinion from VMHA, no additional preparation is needed here. If you haven't, it can be helpful to talk to a friend or family member about your symptoms and feelings. This can help you to feel more comfortable participating in this type of discussion.

During Your Exam

The exam is your chance to explain your situation.

- Be Truthful:
 - Tell the examiner the truth. Don't try to make things sound better.
 - It's okay to talk about your problems, and it is crucial for you to talk about them so the VA knows how much help you need.
- Give Details:
 - Don't just say you are "sad." Give examples (e.g., "I haven't left my house in weeks. I don't enjoy anything anymore.")
- Explain How This Affects You:
 - How does your mental health affect your job?
 - What about your family and friends?
 - Does it affect your sleep or daily life?

After Your Exam

There are a few things to do after the exam.

- Keep Copies:
 - Keep a copy of everything you give to the VA.

- Follow Up:
 - If you don't hear from the VA, contact them and ask about your claim.
- Get More Help:
 - If you need more help, talk to a Veterans Service Officer (VSO).
 - VMHA can also assist you if you need a diagnosis, additional evidence, and a nexus statement from a doctor.

Why This Exam Is Important

This exam helps the VA understand what you're going through. It helps them decide how to support you. Being prepared can help you get the benefits you've earned.

VMHA Is Here to Help

We understand what veterans face. If you need evidence for your claim, we want to help you get the benefits you deserve. Our clients receive a comprehensive evaluation (Independent Medical Opinion, or IMO) that documents symptoms and evidence, provides a diagnosis, and recommends a benefit level that corresponds with VA rating guidelines. In addition, our providers include a nexus statement and rationale to explain and vouch for the connection between your service and your mental health challenges. An IMO can strengthen your claim, and the information in it must be considered by the VA when they decide your benefits, whether you have a C&P exam or not.

We hope this guide helps you get ready for your C&P exam. Email us at info@vmhaforvets.com or call us at 214-307-2198 to learn how we can help you get the benefits you deserve. For more information about our services, visit our [Services Page](#).