Vocational Rehabilitation helps people with disabilities get ready to work, find a job, and keep their jobs. It is sometimes called VR or Voc Rehab.

**To get help from VR, you MUST:**

* Have a disability
* Have trouble finding or keeping a job because of your disability
* Not be able to get a job without VR’s assistance
* Be able to benefit from VR’s help

**To get referred to VR:**

* Call or visit your nearest VR office. A staff member will ask you some questions and complete a referral form for you.
* OR complete a referral form yourself and email it to [azrsa@azdes.gov](mailto:azrsa@azdes.gov).

**To Contact VR, call 1-800-563-1221**

**To find your nearest VR Office,** [**CLICK HERE**](DES.AZ.GOV/RSA-CONTACT-INFORMATION)**. (link: DES.AZ.GOV/RSA-CONTACT-INFORMATION)**

**To learn more about the Referral Process,** [**CLICK HERE**](des.az.gov/services/employment/rehabilitation-services/vocational-rehabilitation-vr)**. (link: des.az.gov/services/employment/rehabilitation-services/vocational-rehabilitation-vr)**