Online Reference Guide

The Transition Assistance Program (TAP) provides training, information and services to help Service members and their families transition to civilian life. The Military Life Cycle (MLC) modules help Service members, Veterans and their families take full advantage of VA benefits and services. The Social and Emotional Health Resources module presents key information about the importance of maintaining social and emotional health for Service members, Veterans and their families. This Online Reference Guide provides you with the web links to important resources related to the course.

TAP Online Courses

The TAEvents.mil/courses website offers just-in-time web-based training for MLC modules. This website allows you to access all the MLC modules to learn more about VA benefits and services.

To access these courses, navigate to TAP Online Courses and select Military Life Cycle (MLC) from the drop-down menu on the far-right titled TAP Curriculum.

External Link Disclaimer: This document contains links that will take you outside of the Department of Veterans Affairs website. VA does not endorse and is not responsible for the content of the linked websites.
Key VA Resources

- VA home page
- Vet Centers
  - Phone: 1-877-927-8387
- My HealtheVet screening tools
- VA Mobile Apps
- Intimate Partner Violence (IPV) Assistance Program
- Veteran Training site

Veterans Crisis Line

- Veterans Crisis Line or Military Crisis Line
  - Website
  - Chat
  - Phone: 1-800-273-TALK (1-800-273-8255), select 1
  - Text: 838255

Mental Health Resources

- VA Mental Health
- National Alliance on Mental Illness
  - Phone: 1-800-950-6264
  - Text: 741741
- Whole Health for Life
  - Personal Health Inventory
- My HealtheVet: Mental Health
  - Phone: 1-877-327-0022
- Objective Zero
  - Phone: 202-573-9660
- AboutFace
- inTransition
  - Phone: 1-800-424-7877
- SAMHSA for Military Families
  - Phone: 1-877-SAMHSA-7 (1-877-726-4727)
- VA Self-Help Resources
Social and Emotional Health Resources

Make the Connection
Military OneSource, Mental Health – Resources
  Phone: 1-800-342-9647
Real Warriors Campaign
Coaching Into Care
  Phone: 1-888-823-7458

Social Resources
Student Veterans of America
  Phone: 202-223-4710
Team Red, White, and Blue
The Mission Continues
  Phone: 314-588 8805
Team Rubicon
  Phone: 310-640-8787
United Service Organizations (USO)
  Phone: 1-888-484-3876
Give an Hour
VA Chaplains
Military Chaplains
  Phone: 1-800-342-9647
Center for Faith-Based and Neighborhood Partnerships
BeThere Program
RallyPoint
CaringBridge
  Phone: 651-789-2300

Resources Demonstrated During Course
VA Mental Health
Veteran Training site
VA Self-Help Resources
SAMHSA for Military Families
  Phone: 1-877-SAMHSA-7 (1-877-726-4727)