



## Military Life Cycle (MLC) | Social and Emotional Health Resources

### Social and Emotional Health Resources Online Reference

The Transition Assistance Program (TAP) provides training, information, and services to help service members and their families transition to civilian life after the military. The goal of the program is to help service members bridge their military experiences and skills with their post-military goals by planning for transition throughout their Military Life Cycle (MLC).

At key touch points throughout MLC, TAP delivers modules to inform service members about benefits and services available to support them during their careers and after separation or retirement. The Social and Emotional Health Resources module presents key information about the importance of maintaining social and emotional health for service members.

This online reference accompanies the Social and Emotional Health Resources module and provides you with the web links to important websites and resources related to VA benefits and services.

**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.

## VA Home Page

The VA.gov website offers current resources, tools, and contact information for all VA benefits and services that may be available to service members, Veterans, and their families, caregivers, and survivors.

[www.va.gov](http://www.va.gov)

## How Do I Know I Need Help?

An important part of managing your health is learning to recognize the early signs of an emotional health condition so that you can take steps to prevent symptoms from developing into larger concerns.

- Personal Health Inventory, [www.va.gov/patientcenteredcare/docs/va-opcc-phi\\_short\\_final-508-whfl\\_fillable.pdf](http://www.va.gov/patientcenteredcare/docs/va-opcc-phi_short_final-508-whfl_fillable.pdf)
- Whole Health for Life, [www.va.gov/patientcenteredcare/resources/personal-health-inventory.asp](http://www.va.gov/patientcenteredcare/resources/personal-health-inventory.asp)
- My HealtheVet, [www.myhealth.va.gov/mhv-portal-web/mental-health](http://www.myhealth.va.gov/mhv-portal-web/mental-health)

## Resources

VA, our partner agencies, and the community in general have tools and resources that may help you or a friend or family member when it comes to emotional health.

- Veteran Training site, [www.veterantraining.va.gov/](http://www.veterantraining.va.gov/)
- VA's Self-Help Resources, [http://www.mentalhealth.va.gov/biblio\\_mh.asp](http://www.mentalhealth.va.gov/biblio_mh.asp)
- PTSD Mobile App, <https://mobile.va.gov/app/ptsd-coach>
- SAMHSA for Military Families, [www.samhsa.gov/militaryfamilies](http://www.samhsa.gov/militaryfamilies)

## Reach Out to Others

### Veteran Peer Groups

These and other Veteran Peer Groups can help you connect with other service members and Veterans while serving your community.

- Student Veterans of America, <http://studentveterans.org>
- Team Red, White, and Blue, [www.teamrwb.org](http://www.teamrwb.org)
- The Mission Continues, <https://missioncontinues.org>
- Team Rubicon, <https://teamrubiconusa.org>
- United Service Organizations (USO), [www.uso.org](http://www.uso.org)

## Veteran Service Organizations (VSOs)

- American Legion, [www.legion.org/](http://www.legion.org/)
- AMVETS, <http://amvets.org/>
- Disabled American Veterans, [www.dav.org/](http://www.dav.org/)
- Paralyzed Veterans of America, [www.pva.org/](http://www.pva.org/)
- Veterans of Foreign Wars, [www.vfw.org/](http://www.vfw.org/)
- Vietnam Veterans of America, <https://vva.org/>

## Where Can I Get Help?

Look to these other resources for help if you or a loved one may be struggling with emotional health issues.

- Vet Centers, [www.vetcenter.va.gov/](http://www.vetcenter.va.gov/)
- Veterans Crisis Line, [www.veteranscrisisline.net/](http://www.veteranscrisisline.net/)
- Military Crisis Line, [www.veteranscrisisline.net/get-help/military-crisis-line](http://www.veteranscrisisline.net/get-help/military-crisis-line)
- Make the Connection, <https://maketheconnection.net/>
- Coaching Into Care, <https://www.mirecc.va.gov/coaching/>

## Other Resources

Also consider these VA, local, and public resources for your emotional health.

- AboutFace, [www.ptsd.va.gov/apps/aboutface/](http://www.ptsd.va.gov/apps/aboutface/)
- National Alliance on Mental Illness, [www.nami.org/](http://www.nami.org/)
- inTransition, [www.pdhealth.mil/resource-center/intransition](http://www.pdhealth.mil/resource-center/intransition)
- Combat Operational Stress Control, <https://www.realwarriors.net/active/combatstress/cosc-programs>
- VA Chaplains, [www.patientcare.va.gov/chaplain/what\\_do\\_chaplains\\_do.asp](http://www.patientcare.va.gov/chaplain/what_do_chaplains_do.asp)
- Military Chaplains, [www.militaryonesource.mil/-/the-unit-chaplain-roles-and-responsibilities](http://www.militaryonesource.mil/-/the-unit-chaplain-roles-and-responsibilities)
- Military OneSource Mental Health, [www.militaryonesource.mil/mental-health-resources](http://www.militaryonesource.mil/mental-health-resources)