



## VA Benefits 101

### Military Life Cycle (MLC)

#### 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 the 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 VA Benefits 101 module presents an overview of the benefits and services that VA provides.

This online reference accompanies the VA Benefit 101 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. Go to the VA home page to find additional information regarding VA Benefits and Services.

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

## Home Loan Guaranty Program

[www.va.gov/housing-assistance](http://www.va.gov/housing-assistance)

- VA benefits hotline, 1-800-827-1000 (Hearing impaired, 1-800-829-4833)
- Home Loan Guaranty Program Call Center, 1-877-827-3702
- Regional Loan Center
  - Online, [www.benefits.va.gov/homeloans/contact\\_rlc\\_info.asp](http://www.benefits.va.gov/homeloans/contact_rlc_info.asp)
  - Phone, 1-877-827-3702, 8:00 a.m.–6:00 p.m. EST

## Personalized Career Planning and Guidance

[www.va.gov/careers-employment/education-and-career-counseling](http://www.va.gov/careers-employment/education-and-career-counseling)

- VA benefits hotline, 1-800-827-1000 (Hearing impaired, 1-800-829-4833)

## Education Benefits

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

- Ask a question online, [gibill.custhelp.va.gov](http://gibill.custhelp.va.gov)
- GI Bill hotline, 888-GIBILL-1 (888-442-4551)
  - Outside the U.S., +1-918-781-5678
- VA benefits hotline, 1-800-827-1000 (Hearing impaired, 1-800-829-4833)
- Forever GI Bill, [www.benefits.va.gov/gibill/forevergibill.asp](http://www.benefits.va.gov/gibill/forevergibill.asp)
  - Education Call Center, 1-888-442-4551
- GI Bill Comparison Tool, [www.va.gov/gi-bill-comparison-tool](http://www.va.gov/gi-bill-comparison-tool)
- Montgomery GI Bill Active Duty, [www.benefits.va.gov/gibill/mgib\\_ad.asp](http://www.benefits.va.gov/gibill/mgib_ad.asp)
- Montgomery GI Bill Selected Reserve, [www.benefits.va.gov/gibill/mgib\\_sr.asp](http://www.benefits.va.gov/gibill/mgib_sr.asp)
- Post-9/11 GI Bill, [www.benefits.va.gov/gibill/post911\\_gibill.asp](http://www.benefits.va.gov/gibill/post911_gibill.asp)
- Vocational Rehabilitation and Employment (VR&E), [www.va.gov/careers-employment](http://www.va.gov/careers-employment)
- Video: Know Before You Go, [www.youtube.com/watch?v=z1ttkv9ori4](http://www.youtube.com/watch?v=z1ttkv9ori4)

# Health Care

[www.va.gov/health-care](http://www.va.gov/health-care)

- Health benefits hotline, 1-877-222-VETS (1-877-222-8387)
- VA health care for spouses, dependents, and family caregivers, [www.va.gov/health-care/family-caregiver-benefits](http://www.va.gov/health-care/family-caregiver-benefits)
- VA MISSION Act
  - Online, [missionact.va.gov](http://missionact.va.gov)
  - Phone, 1-844-698-2311
- Vet Centers
  - Online, [www.vetcenter.va.gov](http://www.vetcenter.va.gov)
  - Phone, 1-877-WAR-VETS (1-877-927-8387)
- Veterans Crisis Line
  - Online, [www.veteranscrisisline.net](http://www.veteranscrisisline.net)
  - Chat, [www.veteranscrisisline.net/get-help/chat](http://www.veteranscrisisline.net/get-help/chat)
  - Phone, 1-800-273-TALK (1-800-273-8255), press 1
  - Text, 838255

# Disability Compensation

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

- VA benefits hotline, 1-800-827-1000 (Hearing impaired, 1-800-829-4833)

# Life Insurance

[www.va.gov/life-insurance](http://www.va.gov/life-insurance)

- SGLI or VGLI support, 1-800-419-1473
- All other VA life insurance programs, 1-800-669-8477

# Burials and Memorials

[www.va.gov/burials-memorials](http://www.va.gov/burials-memorials)

- Headstones and Markers, 1-800-697-6947
- National Cemetery Scheduling Office, 1-800-535-1117
- Request a Presidential Memorial Certificate, [www.va.gov/burials-memorials/memorial-items/presidential-memorial-certificates](http://www.va.gov/burials-memorials/memorial-items/presidential-memorial-certificates)

## Survivor Benefits

- Dependency Indemnity Compensation (DIC), [benefits.va.gov/compensation/types-dependency\\_and\\_indemnity.asp](https://benefits.va.gov/compensation/types-dependency_and_indemnity.asp)
- Marine Gunnery Sergeant John David Fry Scholarship (Fry Scholarship), [www.va.gov/education/survivor-dependent-benefits/fry-scholarship](https://www.va.gov/education/survivor-dependent-benefits/fry-scholarship)
- Survivors' and Dependents' Educational Assistance (DEA), [www.va.gov/education/survivor-dependent-benefits/dependents-education-assistance](https://www.va.gov/education/survivor-dependent-benefits/dependents-education-assistance)
- Survivors Pension, [www.va.gov/pension/survivors-pension](https://www.va.gov/pension/survivors-pension)

## National Resource Directory (NRD)

<https://nrd.gov>

- National Call Center for Homeless Veterans, 1-877-424-3838
- Veteran Crisis Line, 1-800-273-TALK (8255), Press 1
- Military Crisis Line, 1-800-273-TALK (8255)
- Wounded Warrior Resource Center (MOS), 1-800-342-9647

## My HealtheVet

[www.myhealth.va.gov](https://www.myhealth.va.gov)

- My HealtheVet Help Desk, 1-877-327-0022 (Hearing impaired 1-800-877-8339)

## eBenefits

[www.ebenefits.va.gov](https://www.ebenefits.va.gov)

- VA benefits hotline, 1-800-827-1000 (Hearing impaired, 1-800-829-4833)
- Technical Issues, such as password changes or error codes, 1-800-983-0937

## Veteran Service Organizations (VSOs)

- VA.gov, [www.va.gov/vso](https://www.va.gov/vso)
- eBenefits, [www.ebenefits.va.gov/ebenefits/vso-search](https://www.ebenefits.va.gov/ebenefits/vso-search)
- AMVETS
  - Online, [amvets.org](https://amvets.org)
  - Phone, 1-877-726-8387
- Disabled Veterans of America, [www.dav.org](https://www.dav.org)
- Paralyzed Veterans of America
  - Online, [pva.org](https://pva.org)

- Phone, 1-800-424-8200
- The American Legion, [www.legion.org](http://www.legion.org)
- Veterans of Foreign Wars of the United States, [www.vfw.org](http://www.vfw.org)
- Vietnam Veterans of America,
  - Online, [vva.org](http://vva.org)
  - Phone, 1-800-882-1316

## Veteran Peer Groups

- Student Veterans of America, [studentveterans.org](http://studentveterans.org)
- Team Red, White, and Blue, [www.teamrwb.org](http://www.teamrwb.org)
- Team Rubicon, [teamrubiconusa.org](http://teamrubiconusa.org)
- The Mission Continues, [missioncontinues.org](http://missioncontinues.org)
- United Service Organizations (USO)
  - Online, [www.uso.org](http://www.uso.org)
  - Phone, 1-888-484-3876

## VA Regional Offices

[www.benefits.va.gov/benefits/offices.asp](http://www.benefits.va.gov/benefits/offices.asp)

- VA benefits hotline, 1-800-827-1000 (Hearing impaired, 1-800-829-4833)