



Social and Emotional Health Resources

MILITARY LIFE CYCLE



Online Reference
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U.S. Department
of Veterans Affairs

The Transition 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 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 accompanies the Social and Emotional Health Resources module and provides you with the web links to important websites and resources related to social and emotional health.

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.

- VA home page, www.va.gov
- VA Mental Health, www.va.gov/health-care/health-needs-conditions/mental-health
- Vet Centers
 - Online, www.vetcenter.va.gov
 - Phone, 1-877-WAR-VETS (1-877-927-8387)

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
- Whole Health for Life, www.va.gov/patientcenteredcare/resources/personal-health-inventory.asp
- My HealtheVet
 - Online, www.myhealth.va.gov/mhv-portal-web/mental-health
 - Phone, 1-877-327-0022

Veterans Crisis Line

There may be times when you want to talk to someone immediately. We offer support anytime, day or night.

- Veterans Crisis Line or Military Crisis Line
 - Online, www.veteranscrisisline.net
 - Chat, www.veteranscrisisline.net/get-help/chat
 - Phone, 1-800-273-TALK (1-800-273-8255), press 1
 - Text, 838255

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
- VA Self-Help Resources, www.mentalhealth.va.gov/biblio_mh.asp
- Make the Connection, maketheconnection.net
- SAMHSA for Military Families
 - Online, www.samhsa.gov/smvf-ta-center
 - Phone, 1-877-SAMHSA-7 (1-877-726-4727)
- My HealthVet screening tools, www.myhealth.va.gov/mhv-portal-web/substance-abuse-screening
- Military OneSource, Mental Health – Resources
 - Online, www.militaryonesource.mil/mental-health-resources
 - Phone, 1-800-342-9647
- VA Mobile Apps, www.mobile.va.gov/appstore
- Coaching Into Care
 - Online, www.mirecc.va.gov/coaching
 - Phone, 1-888-823-7458

Additional Resources

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

- National Alliance on Mental Illness
 - Online, www.nami.org
 - Phone, 1-800-950-6264

- Text, 741741
- inTransition
 - Online, www.pdhealth.mil/resource-center/intransition
 - Phone, 1-800-424-7877
- Combat Operational Stress Control, www.realwarriors.net/active/combatstress/cosc-programs
- AboutFace, www.ptsd.va.gov/apps/aboutface
- Intimate Partner Violence (IPV) Assistance Program, www.socialwork.va.gov/ipv
- BeThere Program, www.veteranscrisisline.net/support/be-there
- Objective Zero
 - Online, www.objectivezero.org
 - Phone, 202-573-9660
- RallyPoint, www.rallypoint.com
- CaringBridge
 - Online, www.caringbridge.org
 - Phone, 651-789-2300

Reaching Out to Others

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

- Student Veterans of America
 - Online, studentveterans.org
 - Phone, 202-223-4710
- Team Red, White, and Blue, www.teamrwb.org
- The Mission Continues
 - Online, missioncontinues.org
 - Phone, 314-588 8805
- Team Rubicon
 - Online, teamrubiconusa.org
 - Phone, 310-640-8787
- United Service Organizations (USO)
 - Online, www.uso.org
 - Phone, 1-888-484-3876

- giveanhour, giveanhour.org/get-help
- VA Chaplains, [www.patientcare.va.gov/chaplain/what do chaplains do.asp](https://www.patientcare.va.gov/chaplain/what_do_chaplains_do.asp)
- Military Chaplains
 - Online, www.militaryonesource.mil/-/the-unit-chaplain-roles-and-responsibilities
 - Phone, 1-800-342-9647
- Center for Faith-Based and Neighborhood Partnerships, www.va.gov/cfbnpartnerships