



# Community Integration Resources

## Military Life Cycle (MLC)

### 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 Community Integration Resources module's purpose is to ensure Service members—at any point in the military life cycle—understand how to integrate into their community and locate resources available to support them. This Online Reference Guide provides you with the web links to important resources related to the course.

### TAP Online Courses

The TAPevents.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 page](#) 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

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.

## [VA home page](#)

- VA benefits hotline: 1-800-827-1000
  - Hearing impaired benefits hotline: 1-800-829-4833
- [VA Regional Offices](#)
- [Find VA Locations](#)

## [COVID-19 Information](#)

- [Frequently Asked Questions \(FAQs\)](#)

# State Resources

## [State Veterans Affairs Offices](#)

- [National Association of State Directors of Veterans Affairs \(NASDVA\)](#)

## [Veterans benefits 2020: Most Popular State Benefits](#)

# Federal Resources

## VA Resources

### [Department of Veterans Affairs \(VA\)](#)

- [Service member portal](#)
- [Family member portal](#)
- [My HealtheVet](#)
- [VA mobile apps](#)
- [Veterans Crisis Line](#)
  - [Chat](#)
  - Phone: 1-800-273-8255
  - Text: 838255

### [National Resource Directory \(NRD\)](#)

## DOD Resources

### [Military One Source](#)

- [CG Support Program](#)

### [COOL \(Credentialing Opportunities Online\)—Military Services](#)

- [Army](#)

- [Navy](#)
- [Air Force](#)
- [Marine Corp](#)
- [Coast Guard](#)

## **DOL Resources**

[Veterans' Employment and Training Service](#)

[Military Spouse Interstate License Recognition Options](#)

[CareerOneStop](#)

U.S. Office of Personnel Management (OPM)

- [Feds Hire Vets](#)

## **Resource Vetting**

[Charity Navigator](#)

[Guide Star](#)