



Mental Health For Families Military Life Cycle (MLC)

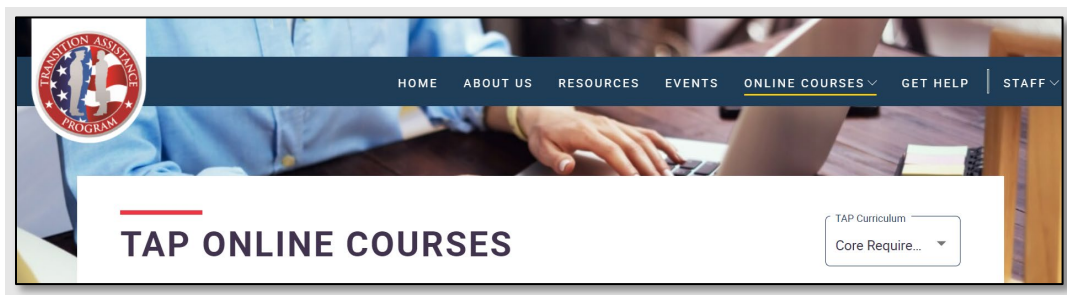
Online Reference Guide

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 Mental Health for Families module presents key information about the free mental health resources for Service members, members of the reserve components, 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 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

[Veterans Crisis Line](#)

- [Chat](#)
- Phone: 1-800-273-TALK OR 1-800-273-8255, press 1
- Text: 838255

[Mental Health](#)

[Vet Centers](#)

Civilian and VA Resources

Treatment Locators

[Behavioral Health and Treatment Services Locator at SAMHSA](#)

- National Helpline (SAMHSA): 1-800-662-HELP (4357)

[Find Treatment.gov](#)

Health Insurance

[Healthcare.gov](#)

- [Healthcare.gov for Military Veterans](#)

[Medicaid](#)

[Medicare](#)

Health Insurance for Children

[Public Insurance Programs and Children with Special Needs](#)

[Children's Health Insurance Program \(CHIP\)](#)

[InsureKidsNow.gov](#)

[The National Child Traumatic Stress Network \(NCTSN\)](#)

[Center for Parent Information and Resources \(CPIR\)](#)

Miscellaneous

[Certified Community Behavioral Health Clinics \(CCBHCs\)](#)

- [Community Behavioral Health Clinics \(CCBHCs\) Locator](#)

[Civilian Health and Medical Program of the Department of Veterans Affairs \(CHAMPVA\)](#)

[Program of Comprehensive Assistance for Family Caregivers \(PCAFC\)](#)

[VA benefits for spouses, dependents, survivors and family caregivers](#)

[The Affordable Care Act, VA, and You](#)

DOD Resources

Special Needs

[DOD Exceptional Family Member Program \(EFMP\)](#)

- [Education Directory for Children With Special Needs](#)

[Military OneSource](#)

- [Special Needs home page](#)
- Special Needs Consultants: 1-800-342-9647

PCS

[Preparing for Your Move Fact Sheet](#)

[Sesame Street for Military Families—Transitions In Health Care](#)

[Sesame Street for Military Families—Military to Civilian Life](#)

TRICARE

[TRICARE home page](#)

- [Life Events – Separating from Active Duty](#)
- [Transitional Assistance Management Program \(TAMP\)](#)
- [Mental Health Care](#)
- [Continued Health Care Benefit Program \(CHCBP\)](#)
- [TRICARE Young Adult](#)

Life Events Resources

- [Getting Care on Terminal Leave](#)
- [If You're Married to a Service Member](#)
- [Resources for Separating Service Members](#)
- [Injured on Active Duty](#)
- [Benefits for Injured Service Members](#)
- [Transitioning from TRICARE to Veterans' Affairs](#)
- [Retiring from Active Duty](#)
- [Separating from Active Duty](#)

- [TRICARE and VA Benefit Comparison](#)

Additional Resources

[Health Resources and Services Administration—Health Center Program](#)

[National Alliance on Mental Illness \(NAMI\)](#)

- [Family Members and Caregivers](#)

[Mental Health America \(MHA\)—Military Mental Health](#)

[MentalHealth.gov—Help for Service Members and Their Families](#)

[Veterans Families United \(VFU\)](#)

[Military Spouse Advocacy Network \(MSAN\)](#)

[Substance Abuse and Mental Health Services Administration \(SAMHSA\)](#)

- [Know Your Rights: Parity for Mental Health and Substance Use Disorder Benefits](#)

[Make the Connection](#)