VA Benefits 101 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 VA Benefits 101 module provides an overview of the benefits and services provided by VA.

This online reference accompanies the VA Benefits 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.*
DD Form 214

Refer to Figure 1 for an example of the DD Form 214.
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

Education and Training

Apply for and manage your GI Bill and other education benefits to help pay for college and training programs.

www.va.gov/education/

Careers and Employment

Apply for vocational rehabilitation services, get support for your Veteran-owned small business, and access other career resources.

VA Vocational Rehabilitation and Employment (Chapter 31)

Explore support and services program tracks for Veterans and service members with service-connected disabilities.

www.va.gov/careers-employment/vocational-rehabilitation/programs/

Educational and career counseling (Chapter 36)

Find out how to get free educational and career counseling as a recently discharged Veteran or a dependent family member.

https://www.va.gov/careers-employment/education-and-career-counseling/

Disability

File a claim for disability compensation for conditions related to your military service and manage your benefits over time.

www.va.gov/disability/

Housing Assistance

Find out if you’re eligible for a VA-backed home loan. If you have a service-connected disability, see if you qualify for a housing grant to help you live more independently.

www.va.gov/housing-assistance/
VA Life Insurance
Explore VA life insurance options for Veterans, service members, and families. Manage your policy online, file claims for benefits, and access helpful resources.

www.va.gov/life-insurance/

Pension
Apply for monthly payments for wartime Veterans and survivors with limited or no income who meet certain age and disability requirements.

www.va.gov/pension/

Health Care
Apply for VA health care, find out how to access services, and manage your health and benefits online.

www.va.gov/health-care/

Burials and Memorials
Get help planning a burial in a VA national cemetery, order a headstone or other memorial item to honor a Veteran’s service, and apply for survivor and dependent benefits.

www.va.gov/burials-memorials/

VA Education and Training
VA can help you cover the cost of furthering your education and skills through benefits for tuition, housing, training, and other expenses related to your education. See Table 1 for web addresses to find out more details about each program.

Table 1: GI Bill® Benefits

<table>
<thead>
<tr>
<th>Benefit</th>
<th>Web Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>Post-9/11 GI Bill</td>
<td><a href="http://www.benefits.va.gov/gibill/post911_gibill.asp">www.benefits.va.gov/gibill/post911_gibill.asp</a></td>
</tr>
<tr>
<td>Montgomery GI Bill Active Duty</td>
<td><a href="http://www.benefits.va.gov/gibill/mgib_ad.asp">www.benefits.va.gov/gibill/mgib_ad.asp</a></td>
</tr>
<tr>
<td>Montgomery GI Bill Selected Reserve</td>
<td><a href="http://www.benefits.va.gov/gibill/mgib_sr.asp">www.benefits.va.gov/gibill/mgib_sr.asp</a></td>
</tr>
</tbody>
</table>
**GI Bill Comparison Tool**

The GI Bill Comparison Tool helps beneficiaries learn about education programs and compare benefits by school.

[www.va.gov/gi-bill-comparison-tool](http://www.va.gov/gi-bill-comparison-tool)

**eBenefits**

eBenefits is a joint DoD–VA web portal with resources and self-service capabilities that enable service members, Veterans, and their family members, caregivers, and survivors to apply for, research, access, and manage their VA and military benefits.

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

**My HealtheVet**

My HealtheVet is VA’s online personal health record designed for service members, Veterans, and their dependents and caregivers enrolled in VA health care.

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

**Veterans Crisis Line**

The Veterans Crisis Line is available 24 hours a day, seven days a week — even if the Veteran is not registered with VA or enrolled in VA health care — to immediately connect Veterans and their families in crisis with qualified, caring VA responders.

[www.veteranscrisisline.net](http://www.veteranscrisisline.net)

**National Resource Directory (NRD)**

The National Resource Directory lists resources that are consistently vetted, reviewed, and maintained.

[https://nrd.gov](https://nrd.gov)

**Veteran Service Organizations (VSO)**

The VSO page on the eBenefits portal allows service members, Veterans, and their families to research and access VA claims representation.

[www.ebenefits.va.gov/ebenefits/vso-search](http://www.ebenefits.va.gov/ebenefits/vso-search)

[www.va.gov/vso](http://www.va.gov/vso)
**Veteran Peer Groups**

Veteran Peer Group organizations are available to help support you as a Veteran. These grassroots support groups are not only focused on benefits, but also community reintegration, service, and legislative advocacy. See Table 2 for the web addresses of a few key Veteran Peer Groups.

<table>
<thead>
<tr>
<th>Veteran Peer Group</th>
<th>Web Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>Student Veterans of America</td>
<td><a href="http://studentveterans.org">http://studentveterans.org</a></td>
</tr>
<tr>
<td>Team Red, White, and Blue</td>
<td><a href="http://www.teamrwb.org">www.teamrwb.org</a></td>
</tr>
<tr>
<td>The Mission Continues</td>
<td><a href="https://missioncontinues.org">https://missioncontinues.org</a></td>
</tr>
<tr>
<td>Team Rubicon</td>
<td><a href="https://teamrubiconusa.org">https://teamrubiconusa.org</a></td>
</tr>
<tr>
<td>United Service Organizations (USO)</td>
<td><a href="http://www.uso.org">www.uso.org</a></td>
</tr>
</tbody>
</table>