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

Figure 1: 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.

www.va.gov
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

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

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
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.

[Website Link]

National Resource Directory (NRD)

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

[Website Link]

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.

[Website Links]

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 2: 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>[Website Link]</td>
</tr>
<tr>
<td>Team Red, White, and Blue</td>
<td>[Website Link]</td>
</tr>
<tr>
<td>The Mission Continues</td>
<td>[Website Link]</td>
</tr>
<tr>
<td>Team Rubicon</td>
<td>[Website Link]</td>
</tr>
<tr>
<td>United Service Organizations (USO)</td>
<td>[Website Link]</td>
</tr>
</tbody>
</table>