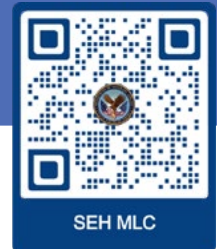




# Social and Emotional Health Resources

## MILITARY LIFE CYCLE



SEH MLC

### ONLINE RESOURCE 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 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 Resource Guide provides you with the web links to important resources related to the course.

### VA TAP ONLINE COURSES

The VA TAP Course Catalog is a comprehensive resource that includes information about all VA TAP course offerings, direct links to on-demand web-based trainings and downloadable resource materials.

To access these courses, navigate to the [VA TAP Course Catalog](#) (or scan the QR code at the top of this page) and select from the list of courses available in the VA TAP Curriculum.



The screenshot shows the VA TAP Course Catalog interface. At the top, there are navigation links: "VA Benefits and Health Care", "About VA", "Find a VA Location", and "My VA". Below this is a breadcrumb trail: "VA » Veterans Benefits Administration » Outreach, Transition and Economic Development » VA TAP Course Catalog". The main heading is "Outreach, Transition and Economic Development". A sidebar on the left lists categories: "Outreach, Transition and Economic Development", "Transition", and "VA TAP Course Catalog". The main content area displays the "VA TAP Course Catalog" with a featured module titled "Social and Emotional Health Resources". The module description states: "Get the VA benefits, services, tools, and resources available to help transitioning Service members and family members to cope with life's day-to-day challenges. VA is here to provide you and your family with the tools to meet your needs (1 Module, 45 minutes)". A link "View Online Resource Guide" is provided below the module description.

# Links

## KEY VA RESOURCES

- [VA home page](#)
- [Vet Centers](#)
  - Phone: 1-877-927-8387
- [My Health eVet screening tools](#)
- [VA Mobile Apps](#)
- [Intimate Partner Violence \(IPV\) Assistance Program](#)
- [Veteran Training](#)

## VETERANS CRISIS LINE

- Veterans Crisis Line or Military Crisis Line
  - [Website](#)
  - [Chat](#)
  - Phone: 1-800-273-TALK (1-800-273-8255), press 1
  - Text: 838255

## MENTAL HEALTH RESOURCES

- [VA Mental Health](#)
- [National Alliance on Mental Illness \(NAMI\)](#)
  - Phone: 1-800-950-NAMI (1-800-950-6264)
  - Text: "NAMI" to 741741
- [Whole Health for Life](#)
  - [Personal Health Inventory \(PHI\)](#)
- [My Health eVet: Mental Health](#)
  - Phone: 1-877-327-0022 / 1-800-877-8339 (TTY)
- [inTransition](#)
  - Phone: 1-800-424-7877
- [SAMHSA for Military Families](#)
  - Phone: 1-877-SAMHSA-7 (1-877-726-4727)
- [VA Self-Help Resources](#)
- [Make the Connection](#)
- [Military OneSource, Mental Health – Resources](#)
  - Phone: 1-800-342-9647
- [Real Warriors Campaign](#)
- [AboutFace](#)
- [Coaching Into Care](#)
  - Phone: 1-888-823-7458

# Links

## SOCIAL RESOURCES

- [Student Veterans of America \(SVA\)](#)
  - Phone: 202-223-4710
- [Team Red, White, and Blue \(Team RWB\)](#)
- [The Mission Continues](#)
  - Phone: 314-588-8805
- [Team Rubicon](#)
  - Phone: 310-640-8787
- [United Service Organizations \(USO\)](#)
  - Phone: 1-888-484-3876
- [Give an Hour](#)
- [VA Chaplains](#)
- [Military Chaplains](#)
  - Phone: 1-800-342-9647
- [Center for Faith-Based and Neighborhood Partnerships \(CFBNP\)](#)
- [Reach Out](#)
- [RallyPoint](#)

## RESOURCES DEMONSTRATED DURING COURSE

- [VA Mental Health](#)
- [Veteran Training](#)
- [VA Self-Help Resources](#)
- [SAMHSA for Military Families](#)
  - Phone: 1-877-SAMHSA-7 (1-877-726-4727)