



Social and Emotional Health 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 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 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](#) 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

- [VA home page](#)
- [Vet Centers](#)
 - Phone: 1-877-927-8387
- [My HealtheVet screening tools](#)
- [VA Mobile Apps](#)
- [Intimate Partner Violence \(IPV\) Assistance Program](#)
- [Veteran Training](#)
- [Military Sexual Trauma-Related Treatment](#)

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 HealtheVet: 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

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)