



Pre-separation Counseling Resources

Quick Links

Marine On-Line: <https://mol.tfs.usmc.mil/mol/UserHomeEntry.do>

USMC Transition Readiness Program: <http://www.usmc-mccs.org/services/career/transition-readiness/>

DoD TAP Portal: <https://www.dodtap.mil/>

eBenefits: <https://www.ebenefits.va.gov>

Kuder Journey: <http://dantes.kuder.com/>

O*Net Interest Profiler: <http://www.mynextmove.org/explore/ip>

Individual Transition Plan: <http://usmc-mccs.org/cycle/resources/#itp>

Before Pre-separation Counseling is Over

1. **Initiate your ITP**
2. **Register for eBenefits premium account**
3. **Complete Kuder Journey Assessment**
4. **Initialize your DD 2648 eForm**
 - Complete Personal Information
 - Mark completed CRS (i.e. at least eBenefits)
 - eSign Pre-separation Counseling

Introduction to Transition GPS

VA Vet Centers: www.vetcenter.gov

Military OneSource: www.militaryonesource.com

- 1-800-342-9647; Overseas: 00-800-3429-6477

VMET: www.dmdc.osd.mil/tgps

- Call DMDC: 1-800-727-3677

How to Pull Your VMET: <http://www.usmc-mccs.org/articles/how-to-pull-your-verification-of-military-experience-and-training-vmet/>

O*Net: <http://www.mynextmove.org/vets/>

VA GI Bill: <http://benefits.va.gov/gibill/>

VA Healthcare: <http://www.va.gov/health/>

VA Life Insurance: <http://www.benefits.va.gov/Insurance/>

VA Disability: <http://www.benefits.va.gov/Compensation/>

Employment

American Job Center (AJC): www.careeronestop.org

- www.servicelocator.org ; (877) US-2JOBS

Career One Stop: www.careeronestop.org

Veterans Employment Center: www.vets.gov

My Skills My Future: www.myskillsmyfuture.org

DOL Gold Card: www.dol.gov/vets/goldcard.html

DOL Veterans: www.dol.gov/vets

State Job Boards: www.careeronestop.org/jobsearch/cos_jobsites.aspx

USERRA

Employer Support for the Guard and Reserve (ESGR) <http://esgr.mil/USERRA/What-is-USERRA.aspx>

- 1-800-336-4590, Option 1, to speak to an Ombudsman

VA: www.benefits.va.gov/guardreserve

VETS website: www.dol.gov/vets/programs/userra/index.htm

Public/Community Service

Corporation for National & Community Service: www.nationalservice.gov

United We Serve: www.serve.gov

AmeriCorps: <http://www.nationalservice.gov/programs/ameriCorps>

Troops to Teachers: <http://www.dantes.doded.mil/troops-to-teachers/index.html>

Federal Employment

FedsHireVets: www.fedshirevets.gov

USAJOBS: www.usajobs.gov

Go-Defense: <http://godefense.cpms.osd.mil>

Veterans' Preference: www.fedshirevets.gov/job/vetpref/index.aspx

Competitive procurement announcements: www.fbo.gov

Central Contractor Registration system: www.ccr.gov

Veteran Employment Program Offices: www.fedshirevets.gov/AgencyDirectory/index.aspx

NAF Jobs on MSEP Quick Links: <https://msepjobs.militaryonesource.mil/msep/>

WIOA: www.doleta.gov/WIOA

Training/Education

USMC Voluntary Education: <http://www.usmc-mccs.org/services/education/voluntary-education/>

Marine Corps COOL: www.cool.navy.mil/usmc

American Job Centers Credentialing: www.careeronestop.org/CREDENTIALING/CredentialingHome.asp

DOL's Veteran site: www.veterans.gov

Using GI Bill for Certifications: www.benefits.va.gov/gibill/licensing_certification.asp

USMAP: <https://usmap.netc.navy.mil/usmapss/static/index.htm>

DoD SkillBridge: <http://dodskillbridge.com> or www.dodskillbridge.com

DANTES: www.dantes.doded.mil

DoD Academic Institution Partnerships: <https://www.dodmou.com/Home/InstitutionsList>

U.S. Department of Education Financial Aid Programs: <https://studentaid.ed.gov/sa/>

Money Matters

USMC Personal Financial Management Program: <http://www.usmc-mccs.org/services/career/personal-financial-management/>

Military OneSource: www.militaryonesource.com

TSP: <https://www.tsp.gov>

SaveAndInvest: <https://www.saveandinvest.org/>

Consumer Financial Protection Bureau (CFPB): <http://cfpb.gov>

Survivor Benefit Plan (SBP): <http://www.dfas.mil/retiredmilitary/provide/sbp.html>

Unemployment Compensation:

<https://www.careeronestop.org/LocalHelp/UnemploymentBenefits/Find-Unemployment-Benefits.aspx>

Health

USMC Community Counseling Program: <http://www.usmc-mccs.org/services/support/community-counseling/>

Yellow Ribbon Reintegration Program: <http://www.yellowribbon.mil/yrrp/>

DoD *inTransition* Program: <http://intransition.dcoe.mil/>

Behavioral Health Treatment Services Locator: <http://findtreatment.samhsa.gov/>

Veteran Crisis Line: www.VeteransCrisisLine.net

- **call 1-800-273-8255 and Press 1**; or text 838255

Department of Veterans Affairs: www.va.gov

- 1-800-827-1000

Prepare for SHPE: complete DD Form 2807-1, found at TRICARE OnLine Patient portal:

<https://www.tricareonline.com>

Health Insurance Marketplace: www.healthcare.gov/veterans

- <https://localhelp.healthcare.gov/#intro>; 1-800-318-2596; TTY users should call 1-855-889-4325

DEERS: <http://www2.dmdc.osd.mil/rsl/>

TRICARE Plan Wizard: www.tricare.mil/mybenefit

Explore TRICARE program options: www.tricare.mil, www.tricare.mil/aca

TRICARE Plan Finder: www.tricare.mil/planfinder

TRICARE information for retirees: www.tricare.mil/retiring

TRICARE Prime Service Area (PSA): www.tricare.mil/psa

TRICARE Health Plans: www.tricare.mil/plans/healthplans

TRICARE Qualifying Life Events (QLE): www.tricare.mil/lifeevents

Enroll in a TRICARE health plan: www.tricare.mil/enroll

Transitional Assistance Management Program (TAMP): www.tricare.mil/tamp

Continued Health Care Benefit Program (CHCBP): www.tricare.mil/chcbp

milConnect: <http://milconnect.dmdc.osd.mil>

TRICARE eligibility and DEERS: www.tricare.mil/deers

TRICARE Retiree Dental Program (TRDP): <http://tricare.benefeds.com>

Other

State Veteran Benefits: www.va.gov/landing2_locations.htm

Voting Assistance: www.fvap.gov/military-voter/transition

- Sample letter to notify your election official of your change in status and that you will no longer be voting in that jurisdiction: www.fvap.gov/uploads/FVAP/VAO/staying_template.docx
- Sample letter to notify your election official of your change in status and that you will be voting at the poll site in future elections: www.fvap.gov/uploads/FVAP/VAO/moving_template.docx

Legal Assistance: www.legalassistance.law.af.mil/contnt/locator.php

HUD: <http://portal.hud.gov/hudportal/HUD>

- HUDVET:
http://portal.hud.gov/hudportal/HUD?src=/program_offices/comm_planning/veteran_information
- If you want to explore some options and information from HUD, call the VA care line number which is: 1-877-424-3838.

Navy Content

Navy COOL: www.cool.navy.mil

Army Content

Army COOL: www.cool.army.mil

Air Force Content

Air Force COOL: <https://afvec.langley.af.mil/afvec/Public/COOL>

Air Force SkillBridge Program: <http://dodskillbridge.com/>

National Guard Content

National Guard Bureau's Psychological Health Program:

<https://www.jointservicessupport.org/PHP/Default.aspx>