Pre-separation Counseling Resources

Quick Links
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
Competitive procurement announcements: www.fbo.gov
Central Contractor Registration system: www.ccr.gov
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/CREDoD/CREDoDHome.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](https://www.dodmou.com/Home/InstitutionsList)

**Money Matters**
Military OneSource: [www.militaryonesource.com](http://www.militaryonesource.com)
TSP: [https://www.tsp.gov](https://www.tsp.gov)
SaveAndInvest: [https://www.saveandinvest.org/](https://www.saveandinvest.org/)
Unemployment Compensation: [https://www.careeronestop.org/LocalHelp/UnemploymentBenefits/Find-Unemployment-Benefits.aspx](https://www.careeronestop.org/LocalHelp/UnemploymentBenefits/Find-Unemployment-Benefits.aspx)

**Health**
USMC Community Counseling Program: [http://www.usmc-mccs.org/services/support/community-counseling/](http://www.usmc-mccs.org/services/support/community-counseling/)
Veteran Crisis Line: [www.VeteransCrisisLine.net](http://www.VeteransCrisisLine.net)
  - call **1-800-273-8255** and Press 1; or text 838255
Department of Veterans Affairs: [www.va.gov](http://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](https://www.tricareonline.com)
Health Insurance Marketplace: [www.healthcare.gov/veterans](http://www.healthcare.gov/veterans)
  - [https://localhelp.healthcare.gov/#intro](https://localhelp.healthcare.gov/#intro); 1-800-318-2596; TTY users should call 1-855-889-4325
DEERS: [http://www2.dmdc.osd.mil/rsl/](http://www2.dmdc.osd.mil/rsl/)
TRICARE Plan Finder: [www.tricare.mil/planfinder](http://www.tricare.mil/planfinder)
TRICARE information for retirees: [www.tricare.mil/retiring](http://www.tricare.mil/retiring)
TRICARE Prime Service Area (PSA): [www.tricare.mil/psa](http://www.tricare.mil/psa)
TRICARE Health Plans: [www.tricare.mil/plans/healthplans](http://www.tricare.mil/plans/healthplans)
Enroll in a TRICARE health plan: [www.tricare.mil/enroll](http://www.tricare.mil/enroll)
Continued Health Care Benefit Program (CHCBP): [www.tricare.mil/chcbp](http://www.tricare.mil/chcbp)
milConnect: [http://milconnect.dmdc.osd.mil](http://milconnect.dmdc.osd.mil)
TRICARE eligibility and DEERS: [www.tricare.mil/deers](http://www.tricare.mil/deers)
TRICARE Retiree Dental Program (TRDP): [http://tricare.benefeds.com](http://tricare.benefeds.com)

**Other**

State Veteran Benefits: [www.va.gov/landing2_locations.htm](http://www.va.gov/landing2_locations.htm)


- 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](http://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](http://www.fvap.gov/uploads/FVAP/VAO/moving_template.docx)


- 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](http://www.cool.navy.mil)

**Army Content**

Army COOL: [www.cool.army.mil](http://www.cool.army.mil)

**Air Force Content**

Air Force COOL: [https://afvec.langley.af.mil/afvec/Public/COOL](https://afvec.langley.af.mil/afvec/Public/COOL)


**National Guard Content**

National Guard Bureau’s Psychological Health Program: [https://www.jointservicessupport.org/PHP/Default.aspx](https://www.jointservicessupport.org/PHP/Default.aspx)