Pre-separation Counseling Resources

Quick Links
USMC Transition Readiness Program: http://www.usmc-mccs.org/services/career/transition-readiness/
DoD TAP Portal: https://milconnect-pki.dmdc.osd.mil/milconnect/
eBenefits: https://www.ebenefits.va.gov
Statement of Benefits: https://www.dodtap.mil/resources.html

Introduction to Transition GPS
VA Vet Centers: https://www.vetcenter.va.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.service_locator.org ; (877) US-2JOBS
Career One Stop: www.careeronestop.org
Veterans Employment Center: www.vets.gov
My Skills My Future: www.myskillsmyfuture.org
DOL Veterans: www.dol.gov/vets

USERRA
Employer Support for the Guard and Reserve (EGSR) https://www.esgr.mil/
  - 1-800-336-4590, Option 1, to speak to an Ombudsman

Effective 10/1/2019
VA: [www.benefits.va.gov/guardreserve](http://www.benefits.va.gov/guardreserve)


**Public/Community Service**

Corporation for National & Community Service: [www.nationalservice.gov](http://www.nationalservice.gov)

United We Serve: [www.serve.gov](http://www.serve.gov)


**Federal Employment**

FedsHireVets: [www.fedshirevets.gov](http://www.fedshirevets.gov)

USAJOBS: [www.usajobs.gov](http://www.usajobs.gov)

Go-Defense: [http://godefense.cpms.osd.mil](http://godefense.cpms.osd.mil)


Competitive procurement announcements: [www.fbo.gov](http://www.fbo.gov)

Central Contractor Registration system: [www.ccr.gov](http://www.ccr.gov)


NAF Jobs on MSEP Quick Links: [https://msepjobs.militaryonesource.mil/msep/](https://msepjobs.militaryonesource.mil/msep/)

WIOA: [www.doleta.gov/WIOA](http://www.doleta.gov/WIOA)

**Training/Education**


American Job Centers Credentialing: [https://www.careeronestop.org/Credentials/default.aspx](https://www.careeronestop.org/Credentials/default.aspx)

DOL’s Veteran site: [www.veterans.gov](http://www.veterans.gov)


DoD SkillBridge: [http://dodskillbridge.com](http://dodskillbridge.com)

DANTES: [www.dantes.doded.mil](http://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](http://www.tsp.gov)

SaveAndInvest: [https://www.saveandinvest.org/](https://www.saveandinvest.org/)

Consumer Financial Protection Bureau (CFPB): [https://www.consumerfinance.gov/](https://www.consumerfinance.gov/)


Unemployment Compensation: [https://www.careeronestop.org/LocalHelp/UnemploymentBenefits/Find-Unemployment-Benefits.aspx](https://www.careeronestop.org/LocalHelp/UnemploymentBenefits/Find-Unemployment-Benefits.aspx)

Effective 10/1/2019
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
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
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: https://www.va.gov/statedva.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

Effective 10/1/2019
• If you want to explore some options and information from HUD, call the VA care line number which is: 1-877-424-3838.

Veteran Online Exchange Shopping Benefit: [https://www.vetverify.org/](https://www.vetverify.org/)

**Navy Content**
Navy COOL: [https://www.cool.navy.mil/](https://www.cool.navy.mil/)

**Army Content**
Army COOL: [https://www.cool.army.mil/](https://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)