Career OneStop: https://www.careeronestop.org/ (877-872-5627)

Career Spark: https://www.mycareerspark.org/#! (live chat on website)

College Navigator: https://nces.ed.gov/collegenavigator/ (202-502-7300)

Disability Benefits: http://www.benefits.va.gov/compensation/ (800-827-1000)

DSTRESS: http://www.usmc-mccs.org/services/support/dstress-line/ (1-877-476-7734)

eBenefits: https://www.ebenefits.va.gov/ebenefits/homepage (800-983-0937)

Employer Support for Guard/Reserve: http://webapps.dol.gov/elaws/userra.htm (1-800-336-4590)


Humana Military (CHCBP): https://www.humanamilitary.com/ (1-800-444-5445)

Marine & Family Programs: http://www.usmc-mccs.org/ (check website for local information)

Marine For Life Network: http://www.marineforlife.org (866-645-8762)

MCCS Careers: http://www.usmc-mccs.org/index.cfm/careers/ (check website for local information)

Military OneSource: http://www.militaryonesource.mil/

Military Spouse eMentor Program: https://www.ementorprogram.org/militaryspouse-ementor/


Move.mil: http://www.move.mil/ (800-462-2176)

MyHealtheVet: https://www.myhealth.va.gov/ (800-827-1000)


National Resource Directory: https://www.nrd.gov/ (infonrd.osd@mail.mil)


USAJobs: [https://www.usajobs.gov/](https://www.usajobs.gov/)


VET Center: [http://www.vetcenter.va.gov/](http://www.vetcenter.va.gov/) (check website for local information)

Veterans' Employment & Training Service: [https://www.dol.gov/vets/](https://www.dol.gov/vets/) (1-866-4-USA-DOL)