



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)

Federal Benefits for Veterans, Dependents and Survivors Booklet:
https://www.va.gov/opa/publications/benefits_book.asp (800-827-1000)

Housing Counseling Assistance: <https://portal.hud.gov/hudportal/HUD> (202-708-1112)

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/>

Military Spouse Employment Portal (MSEP): <https://msepjobs.militaryonesource.mil/msep/>

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

MyHealthVet: <https://www.myhealth.va.gov/> (800-827-1000)

National Military Family Association: <http://www.militaryfamily.org/> (703-931-6632)

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

Navy-Marine Corps Relief Society: <http://www.nmcrs.org/> (check website for local information)

Plan My Move: <http://planmymove.militaryonesource.mil/> (800-342-9647)

Spouse Education & Career Opportunities (SECO): <http://www.militaryonesource.mil/seco> (800-342-9647)

Transfer Education Benefits & DEERS: <https://www.dmdc.osd.mil/milconnect/> (800-538-9552)

Transitional Healthcare Benefits: <http://tricare.mil/> (877-874-2273)

Tricare Dental Program: <https://mybenefits.metlife.com/MyBenefits/public/ssi/cookieTest.do> (855-MET-TDP1)

Unemployment Compensation: <https://workforcesecurity.doleta.gov/unemploy/ucx.asp> (check website for local information)

USAJobs: <https://www.usajobs.gov/>

VA Home Loans: <http://www.benefits.va.gov/homeloans/> (check website for local information)

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

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