

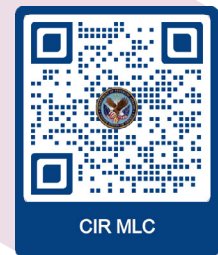


Community Integration Resources

MILITARY LIFE CYCLE

ONLINE RESOURCE GUIDE

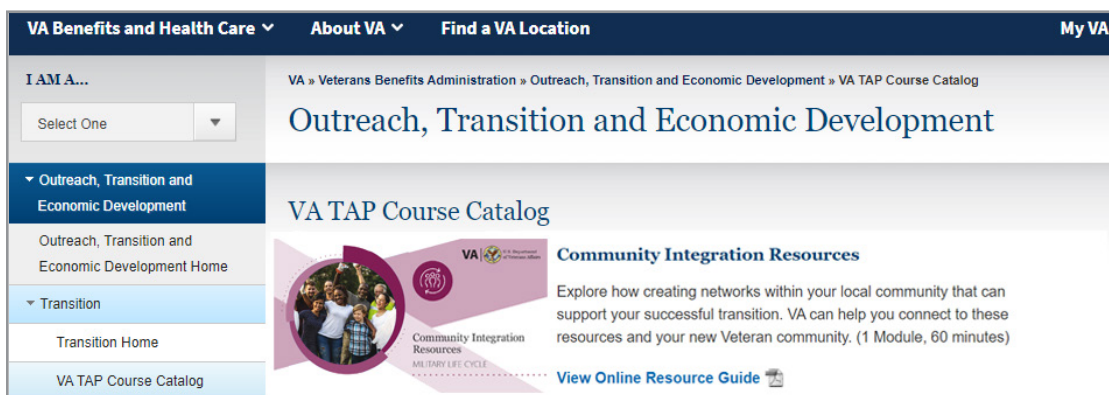
The Community Integration Resources (CIR) module ensures Service members—at any point in their military life cycle—can recognize how to integrate into their community and locate resources to support them during each transition. This Online Resource Guide provides web links to resources related to the course.



VA TAP ONLINE COURSES

The VA TAP Course Catalog is a comprehensive resource that includes information about all VA TAP course offerings, direct links to on-demand web-based trainings and downloadable resource materials.

To access these courses, navigate to the [VA TAP Course Catalog](#). You may also scan the QR code at the top of this page. Then, select from the list of courses available in the VA TAP Curriculum.



Links

RESOURCES

Key VA Resources

The VA.gov website offers current resources, tools and contact information for all VA benefits and services that may be available to Service members, Veterans, their families, caregivers and survivors.

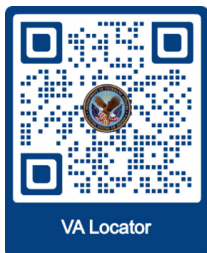
- [VA Home Page](#)



- VA benefits hotline: 1-800-827-1000
 - Hearing impaired: 1-800-829-4833
 - Technical Support: 1-800-983-0937
- [Fraud Prevention \(pdf\)](#)

Department of Veteran Affairs (VA)

- [Service Member Benefits](#)
- [Family Member Benefits](#)
- [VA Facility Locator](#)



Physical and Mental Health

- [Veterans Health Administration](#)
- [Vet Centers](#)
- [My HealthVet](#)
- [Veterans Crisis Line](#)
 - [Chat](#)
 - Phone: 988, then Press 1
 - Text: 838255

Links

- [VA App Store](#)



- [VA Homeless Programs](#)
- [VA Programs for At-Risk Veterans](#)
- [VA Chaplain Services](#)
- [The PACT Act](#)
- [Personal Health Inventory \(pdf\)](#)

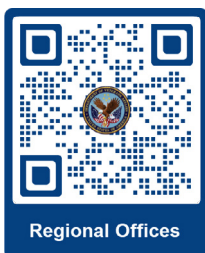


Civic Engagement

- [Veterans and Community Oversight and Engagement Board](#)
- [VA Center for Development and Civic Engagement](#)
- [VA Adaptive Sports and Arts](#)
- [Anxiety and Depression Association of America](#)
- [National Alliance on Mental Illness \(NAMI\)](#)
- [Heroes' Miles Veteran Recovery](#)

Regional Offices

- [VA Regional Offices](#)



Links

VSOs and Accredited Representatives

[VA Accredited Representatives](#)

State Resources

- [State VA Office Locations](#)



- [National Association of State Directors of Veterans Affairs \(NASDVA\)](#)

Other Resources

- [National Resource Directory \(NRD\)](#)



- [Military OneSource](#)
 - [CG SUPRT Program](#)
- [American Red Cross Veteran Services](#)
- [Nutrition and Food Services](#)

Employment Resources

- [Feds Hire Vets](#)
- [Military Spouse Interstate License Recognition Options](#)
- [Career OneStop](#)
- [Credentialing Opportunities Online \(COOL\)—Military Services](#)
 - [Army](#)
 - [Navy](#)
 - [Air Force](#)
 - [Marine Corps](#)
 - [Coast Guard](#)
- [The U.S. Small Business Administration](#)

Links

- [The Veterans Business Outreach Center](#)
- [The Office of Small and Disadvantaged Business Utilization](#)
- [American Job Centers](#)
- [Veteran Readiness and Employment](#)

Your Personal Community Checklist

Instructions: Fill in the categories at the top of each section from your first to last priority. Use the checklist to take notes on meaningful resources throughout the module.

Form 1: Your Personal Community Checklist

Education	Health Care	Community Groups	Employment
1.			
2.			
3.			
4.			