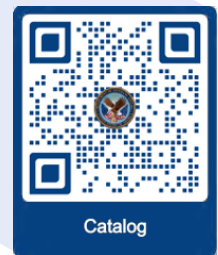


LGBTQ+ MILITARY LIFE CYCLE

ONLINE RESOURCE GUIDE

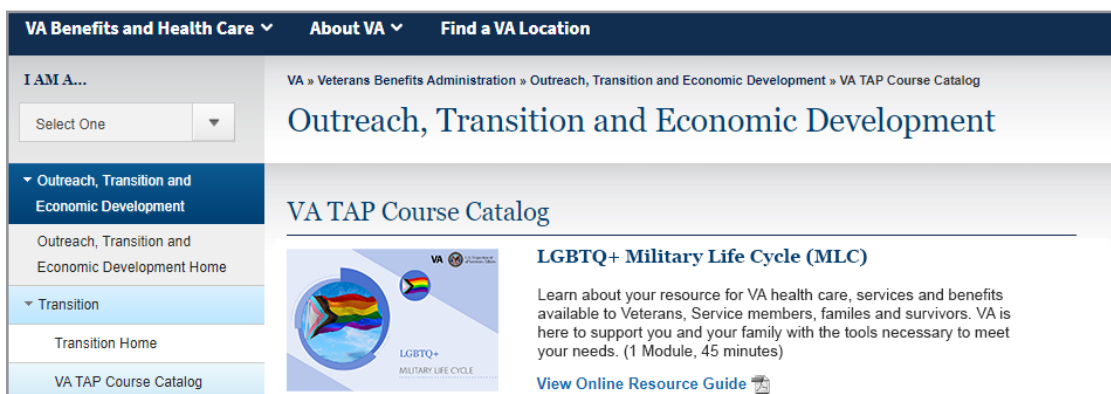
The LGBTQ+ module presents an overview of the benefits and services that may be available to LGBTQ+ Service members and Veterans. This Online Resource Guide provides you with web links to important resources related to the course.



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.



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 benefits hotline: 1-800-829-4833
- [VA Regional Offices](#)

LGBTQ+ Initiatives and Policies

VA Benefits Eligibility

- VA Benefits 101 MLC
 - Visit [TAP Online Courses](#) or scan the QR code for more information.



- Other Than Honorable MLC
 - Visit [TAP Online Courses](#) or scan the QR code for more information.



Recognition of Marriage

[Important Information on Marriage](#)

LGBTQ+ VHA Policies

- [VHA Directive 1340 \(PDF\)](#)
- [VHA Directive 1341\(3\) \(PDF\)](#)
- [Rights and Responsibilities of VA Patients and Residents of Community Living Centers](#)
- [Rights and Responsibilities of Family Members of VA Patients and Residents of Community Living Centers](#)
- [White Ribbon VA](#)

LGBTQ+ Health Care

Health Care Disparities

- LGBTQ+ Veteran Health Program Patient Education, Resources, & Outreach Materials
 - [Veteran Health Care For Gay Bisexual & Queer Men \(PDF\)](#)
 - [Veteran Health Care For Lesbian Gay Bisexual Queer Women \(PDF\)](#)
 - [Transgender Men & Transmasculine Veteran Health Care \(PDF\)](#)
 - [Transgender Women & Transfeminine Veterans Health Care \(PDF\)](#)
 - [Nonbinary Veteran Health Care \(PDF\)](#)
 - [Sexual Orientation & Sexual Health for Veterans \(PDF\)](#)
- [PRIDE in All Who Served Programs](#)

VHA LGBTQ+ Health Program

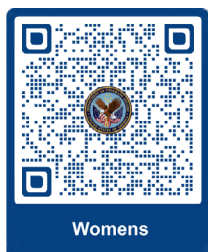
[VHA LGBTQ+ Health Program Patient Care Services](#)



LGBTQ+ Health Care Services

- Cancer Prevention
 - [VA Research on Cancer](#)
 - [PAP Test and Gynecologic Cancer](#)
 - [Understanding HPV](#)
- Infertility Care
 - [Infertility and IVF](#)
- HIV and STI Prevention
 - [Understanding HPV \(Human Papillomavirus\)](#)
 - [HIV](#)
 - [Pre-Exposure Prophylaxis \(PrEP\)](#)

- Reproductive Health
 - [Women Veterans Health Care—LGBTQ+ Health](#)
 - Visit [Women Veterans Health Care](#) or scan the QR code for more information



- For more information visit [Women’s Health Transition Training](#)
- Gender-Affirming Care
 - [Prosthetic and Sensory Aid Services \(PSAS\)](#)
 - [Prosthetic and Sensory Aids Service for Women Veterans](#)
 - [Gender-Affirming Program with Speech \(GAPS\) \(PDF\)](#)

Mental Health Care

Mental Health Resources

- [VA Mental Health](#)
- [Military OneSource, Mental Health—Resources](#)
 - Phone: 1-800-342-9647
- [My HealtheVet: Mental Health](#)
 - Phone: 1-877-327-0022 / 1-800-877-8339 (TTY)

Mental Health Services

- Alcohol, Tobacco and Substance Use Disorder Programs
 - Visit [Substance use treatment for Veterans](#)
 - [SAMHSA—Substance Abuse and Mental Health Services Administration](#)
- Intimate Partner Violence Assistance Program (IPVAP)
 - Visit the [Intimate Partner Violence Assistance Program \(IPVAP\)](#) or scan the QR code for more information.



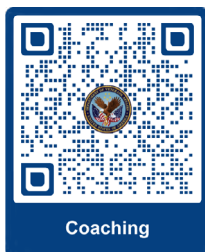
- Military Sexual Trauma
 - Visit [Military Sexual Trauma \(MST\) Counseling](#) or scan the QR code for more information.



- Suicide Prevention
 - [LGBTQ+ Identities and Suicide Risk Among Veterans \(PDF\)](#)
 - ["Talking to an LGBTQ+ Veteran" Fact Sheet \(PDF\)](#)
 - To reach the [Veterans Crisis Line](#) select the link, scan the QR code, call or text.



- Dial 988 Then Press 1
 - Text 838255
- VA Telehealth Services
 - Visit [VA Telehealth Services](#)
- Coaching into Care
 - Visit [Coaching into Care](#) or scan the QR code for more information.



Access Support

Updating Your Records

[Transgender and Gender Diverse Veteran Health Care: Birth Sex and Gender Identity \(PDF\)](#)

Contact each Administration below to update your Sexual Orientation and Gender Identity information with their office.

- [VHA](#)
 - Update your contact and personal information in your personal profile
 - Verify your military information online by updating your personal profile
 - [Managing Your VA.gov Profile | Veterans Affairs](#)
 - If your military information is wrong in your VA.gov profile, you might need to make the changes through DOD or the DEERS system (Contact the Defense Manpower Data Center (DMDC) for help updating DEERS at 800-538-9552.)
- [VBA](#)
 - Update your records by speaking to a VA staff at your local VA Health System or through contacting an enrollment coordinator at your VBA Regional Office
 - [List of VBA Regional Offices](#)
- [NCA](#)
 - Update your information online or through social media
 - Contact the Main Information Line at 800-698-2411 or the National Cemetery Scheduling Office at 800-535-1117
 - For more information contact the National Cemetery Administration:
 - [National Cemetery Administration](#)

LGBTQ+ Discrimination

[Office of Resolution Management, Diversity and Inclusion \(ORMDI\)—External Complaints Program](#)

Patient Advocacy

Visit [VHA Patient Advocacy Program](#)

LGBTQ+ Veteran Care Coordinators

Select the [LGBTQ+ VCC Locator Tool](#) or scan the QR Code for more information.

