



# VA Benefits 101

## MILITARY LIFE CYCLE



### ONLINE RESOURCE GUIDE

The Transition Assistance Program (TAP) provides training, information and services to help Service members and their families transition to civilian life. The Military Life Cycle (MLC) modules help Service members, Veterans and their families take full advantage of VA benefits and services. The VA Benefits 101 module presents an overview of the benefits and services that the VA provides. This Online Resource Guide provides you with the 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](#) (or scan the QR code at the top of this page) and select from the list of courses available in the VA TAP Curriculum.



## 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 and 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](#)
- [COVID-19 Information](#)
  - [Frequently Asked Questions \(FAQs\)](#)
- [Veterans Crisis Line](#)
  - [Chat](#)
  - Phone: Dial 988 then Press 1
  - Text: 838255

## BENEFITS ELIGIBILITY

- [Discharge Upgrade or Correction](#)

## HOME LOAN GUARANTY PROGRAM (HLGP)

- [VA Housing Assistance](#)
  - [VA Home Loans](#)
    - Phone: 1-877-827-3702

## PERSONALIZED CAREER PLANNING AND GUIDANCE (PCPG)

- [Educational and Career Counseling \(VA Chapter 36\)](#)

## EDUCATION BENEFITS

- [VA Education home page](#)
  - GI Bill hotline: 888-GIBILL-1 OR (888-442-4551)
    - Outside the U.S.: 1-918-781-5678
  - Education Call Center
    - Phone: 1-888-442-4551
  - [GI Bill® Comparison Tool](#)
  - [Montgomery GI Bill Active Duty \(MGIB-AD\)](#)
  - [Montgomery GI Bill Selected Reserve \(MGIB-SR\)](#)
  - [Post-9/11 GI Bill \(Chapter 33\)](#)
  - [Marine Gunnery Sergeant John David Fry Scholarship](#)
  - [Survivors' and Dependents' Educational Assistance \(DEA\)](#)

# Links

- [Veteran Readiness and Employment \(VR&E\) \(VA Chapter 31\)](#)
- [Video: "Know Before You Go"](#)

## HEALTH CARE

- [VA Health Care](#)
  - Health benefits hotline: 1-877-222-VETS (1-877-222-8387)
  - [VA health care for spouses, dependents and family caregivers](#)
  - [Vet Centers](#)
    - Phone: 1-877-927-8387
  - Visit [The PACT Act and your VA benefits](#) or scan the QR code for more information:



## MY HEALTHeVET

- [My HealtheVet](#)
  - My HealtheVet Help Desk: 1-877-327-0022
    - Hearing impaired: 1-800-877-8339

## VA SOLID START

- Phone: 1-800-827-0611
- Visit [VA Solid Start](#) or scan the QR code for more information:



## DISABILITY COMPENSATION AND LIFE INSURANCE

- [Disability Compensation](#)
- [VA Life Insurance home page](#)
  - VGLI, SGLI or FSGLI support: 1-800-419-1473
  - All other VA life insurance programs: 1-800-669-8477

# Links

## BURIALS AND MEMORIALS

- [Burials and Memorials home page](#)
  - Headstones and Markers: 1-800-697-6947
  - National Cemetery Scheduling Office: 1-800-535-1117
  - [Request a Presidential Memorial Certificate](#)

## SURVIVOR BENEFITS

- [VA Dependency and Indemnity Compensation \(VA DIC\)](#)
- [VA Survivors Pension](#)
- [VA home loan program for surviving spouses](#)

## NATIONAL RESOURCE DIRECTORY (NRD)

- [National Resource Directory \(NRD\)](#)
  - National Call Center for Homeless Veterans: 1-877-4AID-VET (1-877-424-3838)
  - Veteran Crisis Line: Dial 988 then Press 1
  - Wounded Warrior Resource Center (MOS): 1-888-WWP-ALUM (1-888-997-2586)

## VETERANS SERVICE ORGANIZATIONS (VSOs)

- [Veterans Service Organizations](#)
  - [Search Accredited VSOs](#)
  - [AMVETS](#)
    - Phone: 1-301-459-9600
  - [The American Legion](#)
  - [Disabled American Veterans \(DAV\)](#)
  - [Paralyzed Veterans of America \(PVA\)](#)
    - Phone: 1-866-734-0857
  - [Veterans of Foreign Wars \(VFW\)](#)
  - [Vietnam Veterans of America](#)
    - Phone: 1-800-882-1316