



Mental Health for Families

MILITARY LIFE CYCLE



MHF MLC

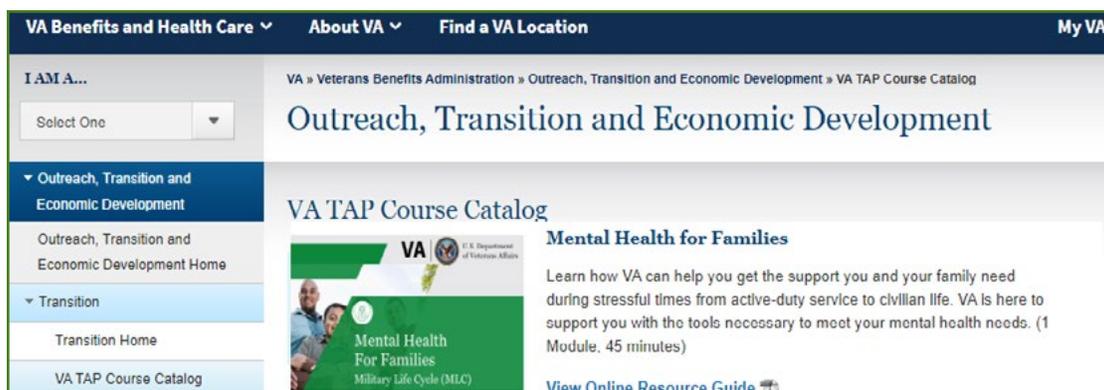
ONLINE RESOURCE GUIDE

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 Mental Health for Families module presents key information about the free mental health resources for Service members, members of the reserve components, Veterans and their families. 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.



The screenshot shows the VA TAP Course Catalog interface. At the top, there are navigation links: "VA Benefits and Health Care", "About VA", "Find a VA Location", and "My VA". Below this is a breadcrumb trail: "VA » Veterans Benefits Administration » Outreach, Transition and Economic Development » VA TAP Course Catalog". The main heading is "Outreach, Transition and Economic Development". On the left, there is a sidebar menu with options: "Outreach, Transition and Economic Development", "Outreach, Transition and Economic Development Home", "Transition", "Transition Home", and "VA TAP Course Catalog". The main content area displays the "VA TAP Course Catalog" with a featured course titled "Mental Health for Families". The course description reads: "Learn how VA can help you get the support you and your family need during stressful times from active-duty service to civilian life. VA is here to support you with the tools necessary to meet your mental health needs. (1 Module, 45 minutes)". Below the description is a "View Online Resource Guide" link.

Links

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. Go to the VA home page to find additional information regarding VA benefits and services.

- [VA home page](#)
 - VA benefits hotline: 1-800-827-1000
 - Hearing impaired benefits hotline: 1-800-829-4833
- [Veterans Crisis Line](#)
 - [Chat](#)
 - Phone: 1-800-273-TALK OR 1-800-273-8255, press 1
 - Text: 838255
- [Mental Health](#)
- [Vet Centers](#)

CIVILIAN AND VA RESOURCES

Treatment Locators

- [Behavioral Health and Treatment Services Locator at SAMHSA](#)
 - National Helpline (SAMHSA): 1-800-662-HELP (4357)
- [Find Treatment.gov](#)

Health Insurance

- [Healthcare.gov](#)
 - [Healthcare.gov for Military Veterans](#)
- [Medicaid](#)
- [Medicare](#)

Health Insurance for Children

- [Public Insurance Programs and Children with Special Needs](#)
- [Children's Health Insurance Program \(CHIP\)](#)
- [InsureKidsNow.gov](#)
- [The National Child Traumatic Stress Network \(NCTSN\)](#)
- [Center for Parent Information and Resources \(CPIR\)](#)

Miscellaneous

- [Certified Community Behavioral Health Clinics \(CCBHCs\)](#)
 - [Community Behavioral Health Clinics \(CCBHCs\) Locator](#)
- [Civilian Health and Medical Program of the Department of Veterans Affairs \(CHAMPVA\)](#)
- [Program of Comprehensive Assistance for Family Caregivers \(PCAFC\)](#)
- [VA benefits for spouses, dependents, survivors and family caregivers](#)
- [The Affordable Care Act, VA, and You](#)

Links

DOD RESOURCES

Special Needs

- [DOD Exceptional Family Member Program \(EFMP\)](#)
 - [Education Directory for Children With Special Needs](#)
- [Military OneSource](#)
 - [Special Needs home page](#)
 - Special Needs Consultants: 1-800-342-9647

PCS

- [Preparing for Your Move Fact Sheet](#)
- [Sesame Street for Military Families—Transitions In Health Care](#)
- [Sesame Street for Military Families—Military to Civilian Life](#)

TRICARE

- [TRICARE home page](#)
 - [Life Events – Separating from Active Duty](#)
 - [Transitional Assistance Management Program \(TAMP\)](#)
 - [Mental Health Care](#)
 - [Continued Health Care Benefit Program \(CHCBP\)](#)
 - [TRICARE Young Adult](#)

Life Events Resources

- [Getting Care on Terminal Leave](#)
- [If You're Married to a Service Member](#)
- [Resources for Separating Service Members](#)
- [Injured on Active Duty](#)
- [Benefits for Injured Service Members](#)
- [Transitioning from TRICARE to Veterans' Affairs](#)
- [Retiring from Active Duty](#)
- [Separating from Active Duty](#)
- [TRICARE and VA Benefit Comparison](#)

ADDITIONAL RESOURCES

- [Health Resources and Services Administration—Health Center Program](#)
- [Branch mptac \(Military Parent Technical Assistance Center\)](#)
- [National Alliance on Mental Illness \(NAMI\)](#)
 - [Family Members and Caregivers](#)
- [Mental Health America \(MHA\)—Military Mental Health](#)
- [MentalHealth.gov—Help for Service Members and Their Families](#)
- [Veterans Families United \(VFU\)](#)

Links

- [Military Spouse Advocacy Network \(MSAN\)](#)
- [Substance Abuse and Mental Health Services Administration \(SAMHSA\)](#)
 - [Know Your Rights: Parity for Mental Health and Substance Use Disorder Benefits](#)
- [Make the Connection](#)