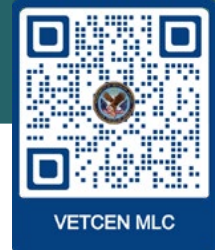




# Vet Centers

## 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 Vet Centers module presents key information about the importance of Vet Centers as a free resource 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.



# Links

## VET CENTERS

Vet Centers are community-based counseling centers that provide a wide range of social, emotional and psychological services for Service members, Veterans, members of the reserve components and their family members. All services are confidential and free!

- [Vet Centers Online](#)
  - Phone: 1-877- 927-8387

## GET IN TOUCH

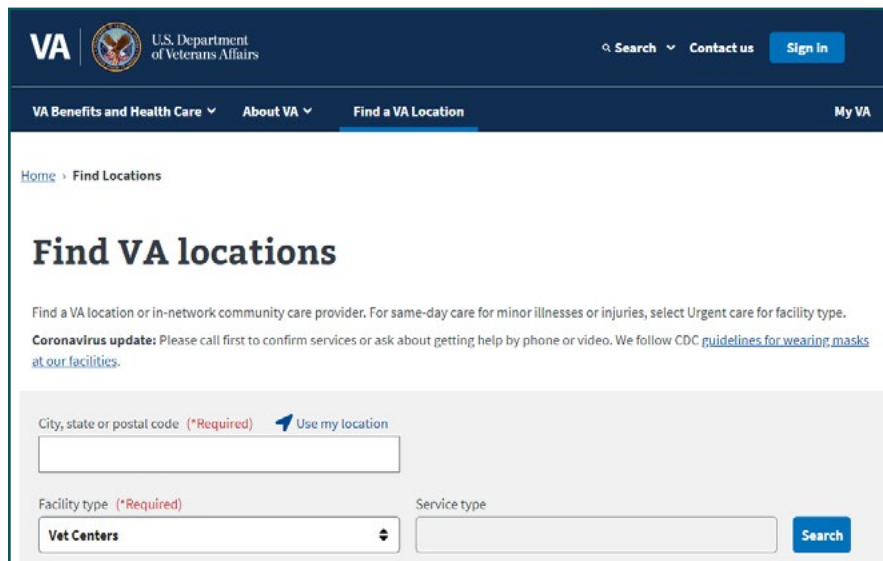
There may be times when you want to talk to someone immediately. We offer support anytime.

- [Vet Center Call Center Overview](#)
  - Phone: 1-877-927-8387
- [Veterans and Military Crisis Line](#)
  - Chat
  - Phone: 1-800-273-TALK (1-800-273-8255), press 1
  - Text: 838255

## FIND YOUR LOCAL VET CENTER(S)

To search for your local Vet Center:

1. Go to [VA.gov](#).
2. Select the **Find a VA Location** tab from the top menu.
3. Enter a location in the **City, state, or postal code** field.
4. Select **Vet Center** from the **Facility type** drop-down field.
5. Select **Search** and the map shows location options. You'll see a list of Vet Centers to the left of the map. Scroll down the left panel to view the entire list.



The screenshot shows the VA.gov website's search interface for finding VA locations. At the top, there is a navigation bar with the VA logo, 'U.S. Department of Veterans Affairs', and links for 'Search', 'Contact us', and 'Sign in'. Below this is a secondary menu with 'VA Benefits and Health Care', 'About VA', 'Find a VA Location' (which is highlighted), and 'My VA'. The main content area is titled 'Find VA locations' and includes a breadcrumb 'Home > Find Locations'. A sub-header reads 'Find a VA location or in-network community care provider. For same-day care for minor illnesses or injuries, select Urgent care for facility type.' A 'Coronavirus update' note is present. The search form contains a text input for 'City, state or postal code (\*Required)' with a 'Use my location' button, a dropdown menu for 'Facility type (\*Required)' currently set to 'Vet Centers', and a 'Service type' input field. A blue 'Search' button is located to the right of the form.