TGPS - US001 Transition Overview - Resilient Transitions Resources

- Individual Transition Plan with Instructions
- Individual Transition Plan Checklist DD2958
- Sample VMET DD2586

WEBSITES

All Services:

- **American Corporate Partners**
  U.S. Veterans are connected to business leaders through this site’s nationwide mentoring program and online network offering business advice.

- **Career One Stop**
  Match skills and experience gained in the military with a range of civilian careers, then search for local jobs using tools for job seekers.

- **Defense Suicide Prevention Office**
  Offers resources such as access to the military crisis line, facts about suicides, suicide warning signs, and links to Service-specific suicide prevention programs.

- **Dept. of Veterans Affairs (VA)**
  Resources regarding mental health information and assistance for Veterans.

- **eBenefits**
  This gateway to benefit information includes an online wizard and an extensive catalog enabling selection and completion of online forms for VA compensation, pension, education, vocational rehabilitation, and employment and burial benefits.

- **GI Bill Benefits**
  Taking advantage of the GI Bill is made easy with this site that allows you to choose a school, apply for benefits, and verify attendance.

- **Military Crisis Line** (online chat)
  The Veterans Crisis Line connects Veterans in crisis and their families and friends with qualified, caring Department of Veterans Affairs responders through a confidential toll-free hotline, online chat, or text.

- **Military Family Network**
  Links to U.S. Army, Air Force, Marines, Navy, Coast Guard, National Guard, and Reserves web sites and support organizations that help families through times of transition, deployment, and daily living.
- **Military One Source**: 1-800-342-9647
  A military community website offering chats, discussion boards and webinars focusing on every phase of military life in the “Social Media Hub” and blogs by military spouses in the “Blog Brigade.”

- **National Center for PTSD**
  Resources for those experiencing PTSD (Public section) and training materials for those assessing and treating PTSD (Professional section)

- **National Domestic Violence Hotline**: 1-800-799-SAFE (7233)
  Information and assistance for domestic violence victims, survivors and their families; including a crisis hotline with 24/7 availability.

- **Pre-Separation Guide and the TurboTAP Decision Toolkit**
  The TurboTAP Career Decision Toolkit is made up of eight modules: toolkit overview, introduction to transition, career exploration, financial planning for transition, job search success, effective resumes and cover letters, interviewing excellence, and negotiating your ideal compensation.

- **Small Business Advisor**
  SBA offers a variety of programs and support services to help you navigate the issues you face with your initial applications and resources to help after you open for business.

- **Transition Resources**
  TurboTAP.org is Department of Defense's official website providing information for Service members on transitioning from military service. This site is also supported by the Departments of Labor and Veterans Affairs. TurboTAP.org is intended to supplement the services offered by the Transition Assistance Offices and other groups. This site also provides pre-separation guides.

**Air Force:**
- [Air Force Mentorship Guidance/Information](#)

**Army:**
- **ACAP Call Center**: 1-800-325-4715 (24/7 except Federal holidays)
- [ACAP Virtual Center](#)
- [MyArmyBenefits](#)

**Marine Corps:**
- [USMC Mentorship Guidance/Information](#)
Navy:

• Navy Personnel Command
• FFSP Webpage
• Navy GoWiFi page

Additional Resources and Support:
• Base support agencies (i.e., the Military Family Support/Service Centers) for counseling, financial, and family assistance
• Chaplain, legal, base clinic, or behavioral health clinic
• Local Options: state agencies, Veterans Administration (VA), local hospitals
• Military/Veterans Crisis Line: 1-800-273-8255
• National Suicide Prevention: 1-800-273-8255
• One-on-one support: Chaplain, medical professionals, psychologists
• VAWomen Veterans Call Center: 1-855-VA-WOMEN (1-855-829-6636)