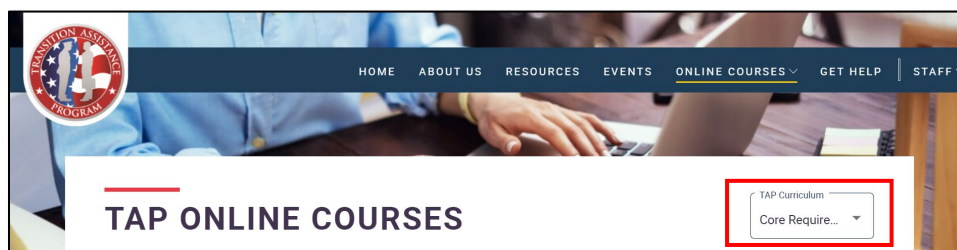# Vet Centers
Military Life Cycle (MLC)

Online Reference 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 Reference Guide provides you with the web links to important resources related to the course.

TAP Online Courses

The TAPevents.mil/courses website offers just-in-time web-based training for MLC modules. This website allows you to access all the MLC modules to learn more about VA benefits and services.

To access these courses, navigate to TAP Online Courses page and select Military Life Cycle (MLC) from the drop-down menu on the far-right, titled TAP Curriculum.

External Link Disclaimer: *This document contains links that will take you outside of the Department of Veterans Affairs website. VA does not endorse and is not responsible for the content of the linked websites.*

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](#)
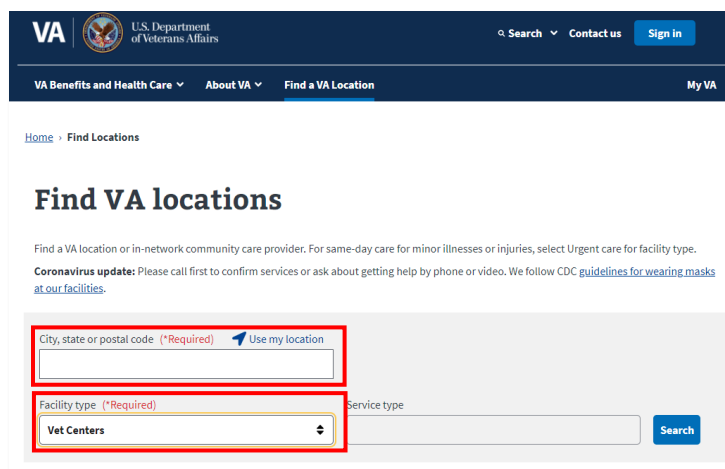   - Phone: 1-877- 927-8387

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.