

## Dear 302 AW Reserve Member;

This is a reference list of the resources we are mandated to share with you (*in person or by video conference*)\* before beginning Pre-Separation Counseling. **Section 1142 (C)(2)(a)**

**What:** By law\* we are required to provide each separating member information regarding resources, including resources regarding military sexual trauma, located in the community where member will reside after separation/retirement/discharge.

**When:** 365 days before anticipated separation date

**Who:** Includes TR or ART either coming off of AD orders or leaving the military (for any reason).

[\[10 USC Subtitle A, Part II, Ch. 58, Sec 1142 \(c\)\(2\)\(A\)\]](#)

The Air Force specific interactive list of resources can be found at:

<https://myairforcebenefits.altess.army.mil/Benefit-Library/Federal-Benefits?type=component>

Here's a print screen of the Benefit Library page.

The screenshot shows the MYAIRFORCEBENEFITS website interface. At the top is a dark blue header with the Air Force logo and the text "MYAIRFORCEBENEFITS". Below the header is a navigation bar with links for Home, Benefit Library (selected), Benefit Calculators, News, and Help. The main content area is titled "Federal Benefits" and includes a breadcrumb trail: Home / Benefit Library / Federal Benefits. Under "Federal Benefits", there are four sub-sections: "By Category", "By Component" (highlighted), "By Life Event", and "A to Z". The "By Component" section is expanded, showing a list of components: Regular Air Force: Active Duty, Regular Air Force: Retired, Air National Guard: Federal Active Duty, Air National Guard: State Active Duty, Air National Guard: Drilling, Air National Guard: Retired, Air Force Reserve: Active Duty, Air Force Reserve: Drilling, and Air Force Reserve: Retired. On the left side of the page, there are additional navigation options: "State/Territory Benefits" and "Resource Locator".

The following pages provide you lists of resources available:

- Air Force Reservists on Active Duty Orders
- Air Force Reservists that are Drilling
- Helping agencies specific to the Peterson AFB area (including sexual military trauma)
- Listing of web site links, based on triggering-life-event & by subject (courtesy AFRC)

## Air Force Reserve: Active Duty

- [Adoption Assistance](#)
- [Air Education and Training Command \(AETC\)](#)
- [Air Force Aid Society \(AFAS\)](#)
- [Air Force Child and Youth Programs](#)
- [Air Force Child Care Fee Assistance Programs](#)
- [Air Force Services Activity \(AFSVA\)](#)
- [Air Force Suicide Prevention Program \(AFSPP\)](#)
- [Air Force Wounded Warrior Program \(AFW2\)](#)
- [Airman and Family Readiness Center \(A&FRC\)](#)
- [Allowances](#)
- [Armed Forces Retirement Home](#)
- [Basic Allowance for Housing \(BAH\)](#)
- [Basic Pay](#)
- [BENEFEDS \(FEDVIP\)](#)
- [Bonuses](#)
- [Burial and Memorial Benefits](#)
- [Burial in Arlington National Cemetery](#)
- [Cancellation of Federal Student Loans](#)
- [Captive / POW / MIA Entitlements](#)
- [Child Development Centers \(CDCs\)](#)
- [Combat Zone Tax Exclusion \(CZTE\)](#)
- [Combat-Related Special Compensation \(CRSC\)](#)
- [Continuation Pay](#)
- [Continued Health Care Benefit Program \(CHCBP\)](#)
- [Continued Housing Benefits \(for Survivors\)](#)
- [Death Gratuity](#)
- [Defense Commissary Agency \(DeCA\)](#)
- [Department of Defense Education Activity \(DoDEA\)](#)
- [Dependency and Indemnity Compensation \(DIC\)](#)
- [Deployment and Mobilization Support](#)
- [DoD Disability Severance Pay](#)
- [DoD Homeowners Assistance Program \(HAP\)](#)
- [Employer Support of the Guard and Reserve \(ESGR\)](#)
- [Employment Assistance Program \(EAP\)](#)
- [Exceptional Family Member Program \(EFMP\)](#)
- [Family Advocacy Programs \(FAP\)](#)
- [Family Separation Allowance \(FSA\)](#)
- [Family Servicemembers Group Life Insurance \(FSGLI\)](#)
- [Federal Long Term Care Insurance Program \(FLTCIP\)](#)
- [Financial Readiness](#)
- [Fry Scholarship](#)
- [Heroes' Legacy Scholarship](#)
- [Hostile Fire Pay \(HFP\)](#)
- [Leave](#)
- [Legal Assistance Services](#)
- [Military OneSource](#)
- [Military Spouse Education and Career Opportunities \(SECO\)](#)
- [Military Spouse Employment Partnership Program \(MSEP\)](#)
- [Montgomery GI Bill \(MGIB\)](#)
- [Overseas Housing Allowance \(OHA\)](#)
- [Pay and Allowance Continuation Program \(PAC\)](#)
- [Permanent Change of Station \(PCS\) CONUS](#)
- [Permanent Change of Station \(PCS\) OCONUS](#)
- [Post 9/11 GI Bill](#)
- [Relocation Assistance](#)
- [Reserve Educational Assistance Program \(REAP\)](#)
- [Retired Pay – Blended Retirement System](#)
- [Retirement Services Program \(RSP\)](#)
- [Scholarships for Military Children](#)
- [School Age Services and Care](#)
- [School Liaison Officer](#)
- [Servicemembers Group Life Insurance \(SGLI\)](#)
- [Servicemembers' Civil Relief Act \(SCRA\)](#)
- [Sexual Assault Prevention and Response \(SAPR\)](#)
- [Social Security Disability](#)
- [Social Security Lump Sum Death Benefit](#)
- [Social Security Primary Insurance Amount \(PIA\)](#)
- [Space-Available Travel \(Space-A Travel\)](#)
- [Special Compensation for Assistance with Activities of Daily Living \(SCAADL\)](#)
- [Special Leave Accrual \(SLA\)](#)
- [Special Pay](#)
- [Special Survivor Indemnity Allowance \(SSIA\)](#)
- [Specialized Skills Training](#)
- [Student Loan Repayment Program \(SLRP\)](#)
- [Survivor Benefit Plan \(SBP\)](#)
- [Survivors' & Dependent Education Assistance Program \(DEA\)](#)
- [The Exchange \(Army & Air Force Exchange Service\)](#)
- [The HEART Act](#)
- [The Military Parental Leave Program \(MPLP\)](#)
- [Thrift Savings Plan \(TSP\)](#)
- [Tillman Scholars Program](#)
- [Transition Assistance Program \(TAP\)](#)
- [Traumatic Servicemembers' Group Life Insurance \(TSGLI\)](#)
- [TRICARE Dental Program \(TDP\)](#)
- [TRICARE Pharmacy](#)
- [TRICARE Prime](#)
- [TRICARE Retiree Dental Program \(TRDP\) Basic and Enhanced](#)
- [TRICARE Select](#)
- [TRICARE Young Adult \(TYA\)](#)
- [Tuition Assistance \(TA\)](#)
- [U.S. Air Force Services Agency \(AFSCA\) / Force Support Squadron](#)
- [Unemployment Compensation](#)
- [Uniform Services Savings Deposit Program \(USSDP\)](#)
- [Uniformed Services Employment and Reemployment Rights Act \(USERRA\)](#)
- [VA Aid and Attendance \(A&A\) and Housebound Pension Benefits](#)
- [VA Benefits Briefings](#)
- [VA Caregiver Support – Comprehensive Assistance for Family Caregivers](#)
- [VA Home Loans](#)
- [VA Survivors Pension \(Formerly VA Death Pension\)](#)
- [Veterans Affairs \(VA\) Medical Benefit Program](#)
- [Veterans Affairs Schedule for Rating Disabilities \(VASRD\)](#)
- [Veterans Disability Compensation](#)
- [Veterans Health Administration \(VHA\) Self-Medication Program \(SMP\)](#)
- [Veterans Mortgage Life Insurance \(VMLI\)](#)
- [Vocational Rehabilitation & Employment Service \(VR&E\)](#)
- [Yellow Ribbon Reintegration Program](#)

## Air Force Reserve: Drilling

- [Air Education and Training Command \(AETC\)](#)
- [Air Force Aid Society \(AFAS\)](#)
- [Air Force Child and Youth Programs](#)
- [Air Force Child Care Fee Assistance Programs](#)
- [Air Force Services Activity \(AFSVA\)](#)
- [Air Force Suicide Prevention Program \(AFSPP\)](#)
- [Air Force Wounded Warrior Program \(AFW2\)](#)
- [Airman and Family Readiness Center \(A&FRC\)](#)
- [Allowances](#)
- [Armed Forces Retirement Home](#)
- [Basic Allowance for Housing \(BAH\)](#)
- [Basic Pay](#)
- [BENEFEDS \(FEDVIP\)](#)
- [Bonuses](#)
- [Burial and Memorial Benefits](#)
- [Child Development Centers \(CDCs\)](#)
- [Combat-Related Special Compensation \(CRSC\)](#)
- [Continuation Pay](#)
- [Continued Health Care Benefit Program \(CHCBP\)](#)
- [Continued Housing Benefits \(for Survivors\)](#)
- [Death Gratuity](#)
- [Defense Commissary Agency \(DeCA\)](#)
- [Dependency and Indemnity Compensation \(DIC\)](#)
- [Deployment and Mobilization Support](#)
- [DoD Disability Severance Pay](#)
- [Drill Pay](#)
- [Employer Support of the Guard and Reserve \(ESGR\)](#)
- [Employment Assistance Program \(EAP\)](#)
- [Family Servicemembers Group Life Insurance \(FSGLI\)](#)
- [Federal Long Term Care Insurance Program \(FLTCIP\)](#)
- [Financial Readiness](#)
- [Heroes' Legacy Scholarship](#)
- [Hostile Fire Pay \(HFP\)](#)
- [Legal Assistance Services](#)
- [Military OneSource](#)
- [Military Spouse Education and Career Opportunities \(SECO\)](#)
- [Military Spouse Employment Partnership Program \(MSEP\)](#)
- [Montgomery GI Bill \(MGIB\)](#)
- [Post 9/11 GI Bill](#)
- [Reserve Educational Assistance Program \(REAP\)](#)
- [Retired Pay – Blended Retirement System](#)
- [Retirement Services Program \(RSP\)](#)
- [Scholarships for Military Children](#)
- [School Age Services and Care](#)
- [School Liaison Officer](#)
- [Servicemembers Group Life Insurance \(SGLI\)](#)
- [Sexual Assault Prevention and Response \(SAPR\)](#)
- [Social Security Disability](#)
- [Social Security Lump Sum Death Benefit](#)
- [Social Security Primary Insurance Amount \(PIA\)](#)
- [Space-Available Travel \(Space-A Travel\)](#)
- [Special Survivor Indemnity Allowance \(SSIA\)](#)
- [Specialized Skills Training](#)
- [Student Loan Repayment Program \(SLRP\)](#)
- [Survivor Benefit Plan \(SBP\)](#)
- [Survivors' & Dependent Education Assistance Program \(DEA\)](#)
- [The Exchange \(Army & Air Force Exchange Service\)](#)
- [The HEART Act](#)
- [Thrift Savings Plan \(TSP\)](#)
- [Tillman Scholars Program](#)
- [Transition Assistance Program \(TAP\)](#)
- [Traumatic Servicemembers' Group Life Insurance \(TSGLI\)](#)
- [TRICARE Dental Program \(TDP\)](#)
- [TRICARE Reserve Select \(TRS\)](#)
- [TRICARE Retiree Dental Program \(TRDP\) Basic and Enhanced](#)
- [TRICARE Select](#)
- [TRICARE Young Adult \(TYA\)](#)
- [Tuition Assistance \(TA\)](#)
- [U.S. Air Force Services Agency \(AFSCA\) / Force Support Squadron](#)
- [Unemployment Compensation](#)
- [Uniformed Services Employment and Reemployment Rights Act \(USERRA\)](#)
- [VA Aid and Attendance \(A&A\) and Housebound Pension Benefits](#)
- [VA Benefits Briefings](#)
- [VA Caregiver Support – Comprehensive Assistance for Family Caregivers](#)
- [VA Home Loans](#)
- [VA Survivors Pension \(Formerly VA Death Pension\)](#)
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- [Veterans Disability Compensation](#)
- [Veterans Health Administration \(VHA\) Self-Medication Program \(SMP\)](#)
- [Veterans Mortgage Life Insurance \(VMLI\)](#)
- [Vocational Rehabilitation & Employment Service \(VR&E\)](#)
- [Yellow Ribbon Reintegration Program](#)

DS Logon	<a href="https://myaccess.dmdc.osd.mil/">https://myaccess.dmdc.osd.mil/</a>
<b>EFFECTS OF A CAREER CHANGE</b>	
Military & Family Life Counselor (MFLC)	<a href="http://www.militaryinstallations.dod.mil/MOS/f?p=MI:ENTRY:0">http://www.militaryinstallations.dod.mil/MOS/f?p=MI:ENTRY:0</a>
Airman & Family Readiness Center	<a href="https://installations.militaryonesource.mil/">https://installations.militaryonesource.mil/</a>
VA Vet Centers	<a href="http://www.vetcenter.va.gov">www.vetcenter.va.gov</a>
Veterans Service Organizations	<a href="http://veterans.house.gov/">veterans.house.gov/</a>
Military One Source	<a href="http://www.militaryonesource.mil">www.militaryonesource.mil</a>
<b>EMPLOYMENT RESOURCES</b>	
Verification of Military Experience & Training (VMET)	<a href="https://milconnect.dmdc.osd.mil/milconnect/">https://milconnect.dmdc.osd.mil/milconnect/</a>
My Next Move for Veterans	<a href="https://www.mynextmove.org/vets/">https://www.mynextmove.org/vets/</a>
Find civilian jobs corresponding to AFSC/MOS (called "MOC Crosswalk")	<a href="https://www.onetonline.org/">https://www.onetonline.org/</a>
Certifications	<a href="http://www.careeronestop.org/FindTraining/">www.careeronestop.org/FindTraining/</a> <a href="http://www.dol.gov/vets/">www.dol.gov/vets/</a> <a href="http://www.benefits.va.gov/gibill/licensing_certification.asp">www.benefits.va.gov/gibill/licensing_certification.asp</a>
U.S. Air Force Credentialing On-line	<b>ccaf.cool@us.af.mil</b> <a href="https://afvec.us.af.mil/afvec/Public/COOL/Default.aspx">https://afvec.us.af.mil/afvec/Public/COOL/Default.aspx</a>
DoD SkillBridge	<a href="https://dodskillbridge.uslearning.gov">https://dodskillbridge.uslearning.gov</a>
DANTES	<a href="http://www.dantes.doded.mil">www.dantes.doded.mil</a>
DoD TAP Web Portal	<a href="http://dodtap.mil">http://dodtap.mil</a>
DOL Veterans Employment Training Service	<a href="http://www.dol.gov/vets">www.dol.gov/vets</a>
DOL "Gold Card" Download	<a href="http://www.dol.gov/vets/goldcard.html">www.dol.gov/vets/goldcard.html</a>
American Job Centers and Priority of Service	<a href="http://www.careeronestop.org">www.careeronestop.org</a> <a href="http://myskillsmyfuture.org">myskillsmyfuture.org</a> <a href="http://www.servicelocator.org">www.servicelocator.org</a> ; <a href="http://www.naswa.org/links.cfm">www.naswa.org/links.cfm</a>
Uniformed Services Employment and Reemployment Rights Act (USERRA)	<a href="http://esgr.mil/USERRA/What-is-USERRA">esgr.mil/USERRA/What-is-USERRA</a> <a href="http://www.benefits.va.gov/guardreserve/">www.benefits.va.gov/guardreserve/</a> <a href="https://www.dol.gov/vets/programs/userra">https://www.dol.gov/vets/programs/userra</a>
State Employment Agencies	<a href="http://www.careeronestop.org">www.careeronestop.org</a> ; <a href="http://www.military.com/careers">www.military.com/careers</a> ; <a href="http://www.bls.gov">www.bls.gov</a> <a href="http://www.doleta.gov">www.doleta.gov</a> <a href="http://www.emploerpartnership.org">www.emploerpartnership.org</a> <a href="http://www.vetsuccess.gov">www.vetsuccess.gov</a>
State Job Boards	<a href="http://www.careeronestop.org/jobsearch/cos_jobsites.aspx">www.careeronestop.org/jobsearch/cos_jobsites.aspx</a>
Workforce Innovation & Opportunity Act (WIOA)	<a href="https://www.doleta.gov/WIOA/">https://www.doleta.gov/WIOA/</a>
Service Job Opportunities	<a href="http://www.nationalservice.gov">www.nationalservice.gov</a> <a href="http://www.serve.gov">www.serve.gov</a>
AmeriCorps	<a href="http://www.AmeriCorps.gov/veterans">www.AmeriCorps.gov/veterans</a>
Troops to Teachers	<a href="http://www.proudtoserveagain.com/">http://www.proudtoserveagain.com/</a>
CareerOneStop <b>1-877-US2-JOBS</b> <b>(1-877-872-5627)</b> <a href="mailto:info@CareerOneStop.org">info@CareerOneStop.org</a>	<a href="http://www.servicelocator.org/">www.servicelocator.org/</a> <a href="http://www.careeronestop.org/LocalHelp/service-locator.aspx">http://www.careeronestop.org/LocalHelp/service-locator.aspx</a> <a href="http://www.careeronestop.org/jobsearch/cos_jobsites.aspx">www.careeronestop.org/jobsearch/cos_jobsites.aspx</a>
Hiring Preference in Non-Appropriated Fund (NAF) jobs	<a href="http://www.nafjobs.org">www.nafjobs.org</a>
Ameriforce Deployment Guide	<a href="http://www.ameriforce.net/deployment">www.ameriforce.net/deployment</a>
<b>FEDERAL EMPLOYMENT</b>	
USAjobs	<a href="https://www.usajobs.gov">https://www.usajobs.gov</a>
National Defense Jobs	<a href="http://godefense.cpms.osd.mil">http://godefense.cpms.osd.mil</a>
Federal Employment Portal (& Special Hiring)	<a href="http://www.opm.gov">www.opm.gov</a> ( <a href="http://www.opm.gov/veterans/index.aspx">www.opm.gov/veterans/index.aspx</a> )

Fed World	<a href="http://www.fedworld.gov">www.fedworld.gov</a>
DoD Spouse Career Center	<a href="http://www.military.com/spouse">www.military.com/spouse</a>
Veterans Employment Opportunities Act	<a href="http://www.usajobs.gov">www.usajobs.gov</a>
Veterans Complaints (Employment Preference)	<a href="http://www.dol.gov/elaws/vets/vetpref/agency.htm">www.dol.gov/elaws/vets/vetpref/agency.htm</a>
Veteran Employment Program Offices	<a href="https://www.fedshirevets.gov/veterans-council/agency-directory/">https://www.fedshirevets.gov/veterans-council/agency-directory/</a>
Veterans Recruitment Appointment	<a href="https://www.fedshirevets.gov/veterans-council/agency-directory/index">https://www.fedshirevets.gov/veterans-council/agency-directory/index</a>
America's Veterans (Veterans' Preference)	<a href="http://www.fedshirevets.gov/job/vetpref/index.aspx">www.fedshirevets.gov/job/vetpref/index.aspx</a> <a href="https://jkodirect.jten.mil">https://jkodirect.jten.mil</a>
Six Month Restriction on Military Retirees	<a href="http://www.fedshirevets.gov/">www.fedshirevets.gov/</a>
<b>SMALL BUSINESS &amp; ENTREPRENEURSHIP</b>	
Small Business Administration (SBA)	<a href="https://www.sba.gov/vboc">https://www.sba.gov/vboc</a> <a href="https://sbavets.force.com/s/">https://sbavets.force.com/s/</a> <a href="http://www.sba.gov/bootstobusiness">www.sba.gov/bootstobusiness</a>
Veterans Federal Procurement Opportunities	<a href="http://www.fbo.gov">www.fbo.gov</a> <a href="http://federalcontractorregistry.com/">http://federalcontractorregistry.com/</a>
National Veteran's Business Development Corp	<a href="http://www.veteranscorp.org">www.veteranscorp.org</a>
Subcontracting (to gov) opportunities	<a href="http://www.gsa.gov/subdirectory">www.gsa.gov/subdirectory</a>
<b>RELOCATION ASSISTANCE</b>	
Travel and Transportation	<a href="http://www.militaryonesource.com">www.militaryonesource.com</a> <a href="http://www.defensetravel.dod.mil/">http://www.defensetravel.dod.mil/</a>
<b>HOUSING COUNSELING ASSISTANCE</b>	
Housing Counseling Assistance <b>1-877-424-3838</b> HUD Veteran Resource Center (HUDVET)	<a href="https://www.hud.gov/program_offices/comm_planning/veteran_information">https://www.hud.gov/program_offices/comm_planning/veteran_information</a>
<b>EDUCATION/TRAINING</b>	
Community College of the AF	<a href="http://www.au.af.mil/au/ccaf/certifications.asp">www.au.af.mil/au/ccaf/certifications.asp</a>
Education Benefits	<a href="http://www.benefits.va.gov/gibill">www.benefits.va.gov/gibill</a> <a href="http://www.gibill.va.gov">www.gibill.va.gov</a>
Licensing, Certification, Apprenticeship, CLEP	<a href="http://www.dantes.doded.mil/">www.dantes.doded.mil/</a>
Education Office	<a href="http://www.militaryinstallations.dod.mil/MOS/f?p=MI:ENTRY:0">http://www.militaryinstallations.dod.mil/MOS/f?p=MI:ENTRY:0</a> Local Base Education Office
U.S. Department of Education Federal Aid Programs	<a href="https://studentaid.ed.gov/sa/">https://studentaid.ed.gov/sa/</a> <a href="https://www2.ed.gov/programs/triovub/index.html">https://www2.ed.gov/programs/triovub/index.html</a>
Student Veterans of America	<a href="http://www.studentveterans.org">www.studentveterans.org</a>
Application for Federal Student Aid	<a href="http://www.fafsa.ed.gov">www.fafsa.ed.gov</a>
<b>PHYSICAL &amp; MENTAL HEALTH WELL-BEING</b>	
DoD Mental Health Self-Assessment Program	<a href="http://screening.mentalhealthscreening.org/military_ndsd">http://screening.mentalhealthscreening.org/military_ndsd</a>
Anonymous Self-Assessments	<a href="http://afterdeployment.org">http://afterdeployment.org</a>
Yellow Ribbon Reintegration Program	<a href="https://www.jointservicesupport.org/YRRP/Default.aspx">https://www.jointservicesupport.org/YRRP/Default.aspx</a>
Behavioral Health Treatment Services Locator	<a href="http://www.findtreatment.samhsa.gov">www.findtreatment.samhsa.gov</a>
Veteran's Crisis Line <b>1-800-273-TALK (800-273-8255) Press 1</b>	<a href="http://www.VeteransCrisisLine.net">www.VeteransCrisisLine.net</a>
US Department of Veterans Affairs (VA)	<a href="http://www.va.gov/">http://www.va.gov/</a>
VA Health Administration	<a href="http://www.va.gov/health">www.va.gov/health</a>
VA Vet Centers	<a href="https://www.vetcenter.va.gov/">https://www.vetcenter.va.gov/</a>
National Center for PTSD	<a href="http://www.ncptsd.va.gov/index.html">www.ncptsd.va.gov/index.html</a>
<b>SEPARATION HISTORY AND PHYSICAL EXAMINATION</b>	
SHPE Service Separation Page with Instructions	<a href="https://www.tricareonline.com">https://www.tricareonline.com</a>

<b>HEALTH, DENTAL &amp; LIFE INSURANCE</b>	
Transitional Healthcare Benefit/Tricare	<a href="https://tricare.mil/planfinder">https://tricare.mil/planfinder</a> <a href="http://www.tricare.mil">www.tricare.mil</a>
TRICARE RETIREES/FAMILY MEMBERS	<a href="http://www.tricare.mil/enroll">www.tricare.mil/enroll</a> <a href="https://tricare.mil/planfinder">https://tricare.mil/planfinder</a> <a href="http://www.tricare.mil">www.tricare.mil</a>
Continued Health Care Benefits Program <b>Humana Military 1-800-444-5445</b>	<a href="http://www.tricare.mil/plans/SpecialPrograms/CHCBP">www.tricare.mil/plans/SpecialPrograms/CHCBP</a> <a href="https://www.humana-military.com/">https://www.humana-military.com/</a>
DEERS	<a href="https://milconnect.dmdc.osd.mil">https://milconnect.dmdc.osd.mil</a>
Not eligible for TRICARE	<a href="http://www.healthcare.gov">www.healthcare.gov</a> <a href="http://www.tricare.mil/aca">www.tricare.mil/aca</a> <a href="http://www.tricare.mil/mybenefit">www.tricare.mil/mybenefit</a>
Health Insurance Marketplace <b>1-800-318-2596</b>	<a href="http://www.healthcare.gov/veterans">www.healthcare.gov/veterans</a> <a href="http://www.healthcare.gov">www.healthcare.gov</a> <a href="https://localhelp.healthcare.gov/#intro">https://localhelp.healthcare.gov/#intro</a>
Health & Life Insurance	<a href="http://www.benefits.va.gov/insurance/#">http://www.benefits.va.gov/insurance/#</a>
State and Local Health Care and Mental Health Services	<a href="http://www.statelocalgov.net">www.statelocalgov.net</a>
Transitional Health Care Benefit	<a href="http://www.va.gov">www.va.gov</a>
VA Health Benefit Application	<a href="https://www.101ez.med.va.gov/sec/vha/1010ez/">https://www.101ez.med.va.gov/sec/vha/1010ez/</a>
VA Dental Health	<a href="http://www.va.gov/vbs/health">www.va.gov/vbs/health</a>
<b>FINANCES</b>	
Credit Report	<a href="http://www.annualcreditreport.com">www.annualcreditreport.com</a>
TSP	<a href="https://www.tsp.gov">https://www.tsp.gov</a>
Save and Invest	<a href="http://www.Saveandinvest.org">www.Saveandinvest.org</a> <a href="http://www.militarymoney.com">www.militarymoney.com</a>
Consumer Financial Protection Bureau	<a href="http://www.cfpb.gov">www.cfpb.gov</a>
Debt Management	<a href="http://www.inchargefoundation.org">www.inchargefoundation.org</a>
Military.com	<a href="https://www.military.com/">https://www.military.com/</a>
Service Members' Civil Relief Act and Military Lending Act	<a href="https://scra.dmdc.osd.mil/scra/#/home/">https://scra.dmdc.osd.mil/scra/#/home/</a> <a href="https://mla.dmdc.osd.mil/mla/#/home/">https://mla.dmdc.osd.mil/mla/#/home/</a>
Military OneSource	<a href="https://www.militaryonesource.mil/">https://www.militaryonesource.mil/</a>
Airman & Family Readiness Center	<a href="http://www.militaryinstallations.dod.mil/MOS/f?p=MI:ENTRY:0">http://www.militaryinstallations.dod.mil/MOS/f?p=MI:ENTRY:0</a>
Unemployment Compensation	<a href="https://www.careeronestop.org/LocalHelp/UnemploymentBenefits/Find-Unemployment-Benefits.aspx">https://www.careeronestop.org/LocalHelp/UnemploymentBenefits/Find-Unemployment-Benefits.aspx</a> <a href="https://oui.doleta.gov/unemploy/ucx.asp">https://oui.doleta.gov/unemploy/ucx.asp</a>
<b>STATE VETERANS BENEFITS</b>	
<b>STATE VETERANS BENEFITS</b>	<a href="https://www.va.gov/statedva.htm">https://www.va.gov/statedva.htm</a> <a href="http://www.military.com/benefits/veterans-benefits/state-veterans-benefits-directory">www.military.com/benefits/veterans-benefits/state-veterans-benefits-directory</a>
<b>MILITARY EXCHANGE ONLINE SHOPPING</b>	
Military Exchange Online Shopping	<a href="http://ShopMyExchange.com">ShopMyExchange.com</a> <a href="http://Mynavyexchange.com">Mynavyexchange.com</a> <a href="http://Mymcx.com">Mymcx.com</a> <a href="http://Shopcgx.com">Shopcgx.com</a> <a href="http://VetVerify.org">VetVerify.org</a> <a href="http://MyECP.com">MyECP.com</a>
<b>VOTING ASSISTANCE</b>	
<b>VOTING ASSISTANCE</b>	<a href="http://www.fvap.gov/uploads/FVAP/VAO/staying_template.docx">www.fvap.gov/uploads/FVAP/VAO/staying_template.docx</a> <a href="http://www.fvap.gov/links">www.fvap.gov/links</a> <a href="http://www.fvap.gov/military-voter/transition">www.fvap.gov/military-voter/transition</a>
<b>LEGAL ASSISTANCE</b>	
Legal Assistance	<a href="https://legalassistance.law.af.mil/">https://legalassistance.law.af.mil/</a>

<b>POST GOVERNMENT SERVICE EMPLOYMENT RESTRICTION COUNSELING</b>	
Post Government Service Employment Restriction Counseling	Local Base Legal Office <a href="http://www.militaryinstallations.dod.mil/MOS/f?p=MI:ENTRY:0">http://www.militaryinstallations.dod.mil/MOS/f?p=MI:ENTRY:0</a>
<b>STATEMENT OF BENEFITS</b>	
Statement of Benefits	<a href="http://www.DoDTAP.mil/resources/FAQs">www.DoDTAP.mil (resources/FAQs)</a>
<b>OTHER HELPFUL RESOURCES</b>	
Personal Self-Assessment/Individual Transition Plan	<a href="https://www.dodtap.mil/index.html">https://www.dodtap.mil/index.html</a>
Reserve Recruiter	<a href="https://www.airforce.com/find-a-recruiter">https://www.airforce.com/find-a-recruiter</a>
Veteran's Benefits	<a href="https://www.ebenefits.va.gov/">https://www.ebenefits.va.gov/</a>
Disability Compensation / Vocational Rehab	<a href="http://www.vba.va.gov/predischarge">www.vba.va.gov/predischarge</a>
Military Family Network	<a href="http://www.emilitary.org">www.emilitary.org</a>
<b>SEXUAL ASSAULT RESOURCES</b>	
SAPR Contact your local Sexual Assault Coordinator or DoD Safe Helpline at 1-877-995-5247	<a href="http://Safehelpline.org">Safehelpline.org</a>
Military One Source 1-800-342-9647	<a href="http://Militaryonesource.mil">Militaryonesource.mil</a>





# HELPING AGENCIES FOR AF RESERVE

Alcohol & Drug Abuse Prevention Program (ADAPT) 719-556-7804	302d AW Airman & Family Readiness Office (A&FR) 719-556-2944	Behavioral Health Optimization Program (BHOP) 21 MDG 719-524-2273	302d AW Chaplain Corps 100% Confidentiality 719-556-4006	Equal Opportunity (EO) 719-556-7693 302d EO 719-556-7256	Family Advocacy Main: 719-556-8943 DAVA: 719-291-6625	302d AW Key Spouse Program 719-556-2644	302d AW DPH 719-556-7312 719-306-4893	Military & Family Life Counselor 719-433-2671 719-433-5432	Military One Source 24/7 Operations 800-342-9647	Sexual Assault Prevention & Response (SAPR) 719-556-7272
Alcohol / Drugs	●●●●	●	●●●●			●●●●	●●●●	●●●●	●●●●	
Anxiousness	●●●●		●●●●		●●	●●●●	●●●●	●●●●	●●●●	
Discrimination	●●●●		●●●●	●	●●	●●●●	●●●●	●●●●	●●●●	
Finances	●●●●		●●●●			●●●●	●●●●	●●●●	●●●●	
Grief	●●●●		●●●●		●●	●●●●	●●●●	●●●●	●●●●	
Fitness / Tobacco	●●●●	●	●●●●		●●	●●●●	●●●●	●●●●	●●●●	
Homicidal Thoughts	●●●●		●●●●		●●	●●●●	●●●●	●●●●	●●●●	
Hostile Work Environment	●●●●		●●●●			●●●●	●●●●	●●●●	●●●●	
Marriage / Family	●●●●		●●●●		●●	●●●●	●●●●	●●●●	●●●●	
Relationships	●●●●		●●●●		●●	●●●●	●●●●	●●●●	●●●●	
Sadness	●●●●		●●●●		●●	●●●●	●●●●	●●●●	●●●●	
Sexual Assault	●●●●		●●●●	●●	●●	●●●●	●●●●	●●●●	●●●●	●●●●
Sexual Harassment	●●●●		●●●●		●●	●●●●	●●●●	●●●●	●●●●	●●●●
Sleep / Nutrition	●●●●		●●●●		●●	●●●●	●●●●	●●●●	●●●●	
Stress	●●●●		●●●●		●●	●●●●	●●●●	●●●●	●●●●	
Suicidal Thoughts	●●●●		●●●●		●●	●●●●	●●●●	●●●●	●●●●	
Conflicts (Interpersonal)				●●						

**TITLE 10 ORDERS**  
**INACTIVE DUTY**

**RESERVIST NOT IN STATUS**  
**DEPLOYMENT**



We can HELP! 24/7 Helpline: 719-552-HELP (4357)  
For Emergencies, Dial 911. For Immediate Help, Contact Command Post 24/7 at Commercial 719-556-4555.  
National Suicide Prevention Lifeline, 24/7, English and Spanish: 800-273-8255

## STRESSORS



# HELPING AGENCIES FOR AF RESERVE



We can HELP! 24/7 Helpline: 719-552-HELP (4357)  
For Emergencies, Dial 911. For Immediate Help, Contact Command Post 24/7 at Commercial 719-556-4555.  
National Suicide Prevention Lifeline, 24/7, English and Spanish: 800-273-8255

**Alcohol and Drug Abuse Prevention and Treatment (ADAPT):** Assesses title 10 activated members for substance related disorders, based on self or command referral. Provides prevention briefings for First Term Airmen Course and to duty sections upon request. Provides counseling to title 10 activated members for substance related concerns.

**Airman & Family Readiness Office:** Provides information and referral services, as well as assistance addressing the following topics: financial education, transition and relocation, family support, school liaison questions, spouse employment, deployment support for members and families and the key spouse program. Regardless of location all AF Reserve members and their families are supported with resources & referrals nationwide.

**Behavioral Health Optimization Program (BHOP):** Offers early identification of behavioral health needs. Counsels individuals experiencing problems such as sleep, stress, grief, anxiety, and depression. Services are provided by a Mental Health Provider within the Primary Care setting.

**Chapel Counseling Services:** All discussions with a Chaplain or a Religious Affair Airman are absolutely confidential (UCMJ privileged communication) and cover a wide variety of issues including individual counseling, relationship and family concerns, work issues, stress and anger management, suicidal ideations, spiritual concerns, and ethical issues.

**Employee Assistance Program (EAP) Federal Occupational Health: ARTs, DoD Civilians & NAF Employees and anybody in their household**  
1866-580-9078

EAP is a professional service that provides problem solving, coaching, information, consultation, counseling, resource identification, and support to all government civilian employees.

**Equal Opportunity (EO):** The mission of EO is to improve mission effectiveness by promoting an environment free from unlawful discrimination and sexual harassment in the workplace. Equal opportunity should be offered to all people, military or civilian, regardless of race, color, religion, sex, national origin, or sexual orientation, and age or disability (civilian).

**Key Spouse Program:** The program is an important network between AF Reserve families and their unit leadership. It is an integral part of the Reserve organizational structure and culture. It builds a sense of community among Reserve families regardless of location.

**Family Advocacy Programs:** Addresses the prevention and treatment of domestic violence and child abuse. Provides direct services that include crisis intervention and safety planning, counseling, risk assessment, and training in the field of domestic violence and child abuse. The program includes prevention and education services, clinical counseling, case management, healthy relationships education, and effective communication seminars.

**Mental Health Office:** The Mental Health Office offers services for all members of the 302d AW. Treatment for managing life stressors including (but not limited to) anxiety, depression, and trauma.

**Military and Family Life Counselor (MFLC):** Experienced, licensed mental health professionals, Masters or Ph.D level, provide non-medical counseling services, coaching, education and trainings to military service members, couples, families and groups. MFLCs can meet you anywhere (with the exception of your home).

**Military One Source:** Non-medical counseling is available through Military OneSource. They offer many different types of counseling, including face-to-face counseling, online counseling, telephonic counseling, financial counseling, international calling counseling, health and wellness coaching.

**Sexual Assault Prevention and Response (SAPR):** The SAPR office provides command support, prevention education, annual training and 24/7 victim response.



You Are Not Alone