

Veteran Transition Programs in Virginia

Region Five Service Member, Veterans and Family Support (SMVF) Program

Region Five's SMVF Program provides support, resources and community to military members, service veterans and their families. Team members are all military veterans.

Vocational specialist • Job coaching • Peer support • Mental health support • Case management • Training facilitator

Region Five Website

Virginia Values Veterans (V3) Transition Program

The V3 Transition Program (formerly known as VTAP) is the veteran transition program from the Virginia Department of Veterans Services. The V3 Transition core areas of focus are those seeking employment, education, and entrepreneurship, but they will also assist those with needs outside of those three core areas.

Peer support • Job services • The Transition Connection Newsletter - a bi-weekly email newsletter full of job openings for veterans, key information for Virginia veterans and information about upcoming events for veterans

Virginia Values Veterans (V3) Website

VA Solid Start Program

The Solid Start Program is from the VA (The United States Department of Veterans Affairs). Newly separated service members can expect three calls from Solid Start representatives over the first year of separation. VA will attempt to contact you several times around 90,180 and 365 days post-separation, so make sure your contact information is up to date in eBenefits.

Getting a home loan • Health care • Finding a job/returning to work • Mental health support

VA Solid Start Website

General Transition Resources for Veterans

VA Veteran Caregiver Support Resources	There are over 5 million family caregivers in the U.S. who are caring for a veteran. If you're a veteran who's being cared for by a spouse or family member or a caregiver caring for a veteran, the VA has created a list of resources specifically for you and your family. Find out more about VA Family and Caregiver Resources here.
VA Welcome Kit	The VA Welcome Kit was designed to guide veterans through their transition and post-service life. It includes information on VA benefits and other resources. You can download the free welcome kit as a PDF and print it if you want. Download and print the VA Welcome Kit here.
1-800-MyVA411	1-800-MyVA411 is a resource line from the VA you can call to get more information on benefits and resources or to ask questions. Find out more about 1-800-MyVA411 here
VetResources Weekly Newsletter	This weekly newsletter from the VA helps veterans and their families and caregivers stay up-to-date on resources that can help. Subscribe to VetResources here.
Military.com	Military.com has is one of the most popular websites for veterans and service members who want to know what's going on in the military world. They also provide a job search function, information on benefits and other resources. Visit Military.com here.
All About State Benefits for Virginia Veterans	The official military benefits website of the U.S. Army offers an overview of Virginia state benefits for veterans here.
Center for Women Veterans	The Center for Women Veterans (CWV) advocates for "equitable outcomes and access to VA benefits, services, and opportunities for women Veterans through education, outreach, and collaboration." You can find general information and resources on their website, as well as specialized services and resources for women and LGBTQ+ veterans. Visit the Center for Women Veterans website here.
Podcasts for Veterans	Veterans Corner Radio The Veterans Voice OscarMike Radio The Army Matters Podcast
Veterans Crisis Line	To reach a trained counselor who can listen, offer support and encouragement and, if you want, connect you with local resources that can help, dial 988 and press 1 to reach a veteran counselor. If you have a 757 area code, you can call your local Region Five Crisis Line at 757-656-7755 to reach someone faster. Find out more about the Veterans Crisis Line here.

General Transition Resources for Veterans

Your Local Community Services Board	If you reside in Virginia, you can always get help for mental health concerns or substance abuse at your local community services board (CSB). CSBs provide residents with accessible and affordable behavioral health care, including same-day access. List of all Virginia CSBs here.
#VetResources Check-in Videos	The #VetResources Check-In video series offers resources, advice and information for Veterans and their families to support mental health and resilience and improve coping strategies.
VA Video Connect	VA Video Connect improves access to specialty care by connecting veterans with health care specialists via video chat.
PTSD Resources from the Virginia Department of Veterans Services	The Virginia Department of Veterans Services provides veterans with resources for treating and managing PTSD - find them here.
Career/Job Resources	AARP Job Board AARP Resume Advisor Veteran Career Advantage Course - free online course Some other career resources for veterans: How to figure out your "last salary" for a job interview Tips from a former JAG attorney on transitioning
Resources for Disabled Veterans	This program connects disabled veterans with adaptive equipment for vehicles so they can continue driving. Team Foster provides funding for trained and accredited service dogs for disabled veterans. Find housing grants for disabled veterans here
Discounts for Veterans	The VA releases a list of Veteran's Day discounts and freebies every year. Veterans and Gold Star families can get free lifetime passes to U.S. National Parks . Free annual passes available for current service members and their families. The Armed Forces Vacation Club helps veterans get major discounts on travel and resort stays . This tax season, find out how you can maximize your benefits here