

RETURNING TO CIVILIAN LIFE

Register with Veterans Affairs for Important Future Benefits

The US Department of Veteran Affairs provides many important services and benefits to servicemembers and their families. Go to www.va.gov to find veterans' service organizations, locations of VA facilities and news.

In addition, **all** servicemembers should register with the VA when returning to civilian life, regardless of whether you think you will use VA services or not. You may find you need VA services and benefits in the future, for example, if you choose to go to school, or if you develop a service-related problem.

Go to www.va.gov for complete information on services and benefits. You can register with the VA on-line at <http://vabenefits.vba.va.gov/vonapp/main.asp>

Also, be sure to utilize the many veteran programs and services available in your home state. California veterans and their family members may be eligible for tuition assistance, job training programs, farm and home loans, waived auto registration fees, and numerous other benefits. Go to www.cdva.ca.gov for complete information. Other states have similar programs.

Civilian Transition Assistance Program (TAP)

An intensive employment preparation program is available to help servicemembers transition back into the civilian workforce. Vocational guidance, training programs, and other employment services will help you make realistic career choices and find jobs. For a complete listing of California job service centers hosted by the **California Employment Development Department (EDD)**, go to www.edd.ca.gov Other states offer similar programs.

Help With Post Traumatic Stress Disorder (PTSD)

Servicemembers and families experiencing the symptoms of PTSD require assistance and support. To find the nearest VA medical center, community based outpatient clinic or Veterans Center, go to www.ncptsd.va.gov for complete information and services.

Support Services for Families

Servicemembers and families may face challenges and adjustments when returning to civilian life. For a listing of family support programs, go to <http://www.oefoif.va.gov/FamilySupport.asp>

Assistance with Overspending and Gambling Problems

If you or family members frequently spend more than you can afford, gamble even when you are barely making ends meet, worry about your ability to qualify for a loan, fear opening monthly bills or can't seem to pay bills on time—you may need help! For advice and support, go to **Spenders Anonymous** www.spenders.org or **Gamblers Anonymous** www.gamblersanonymous.org

The California Council on Problem Gambling (CCPG), a non-profit organization, assists problem gamblers and their families by promoting awareness, prevention, and treatment. Go to www.calproblemgambling.org or call Toll-Free 1-800-GAMBLER.