SAVI
STRATEGIC ALLIANCE VETERAN INTEGRATION

FEDERAL BENEFITS RESOURCE GUIDE

Where to go for what

Federal benefits come from several agencies and programs. This guide points you to the right place for each, using official sources. Only a VA-accredited representative may prepare or file a claim for you.

GETTING STARTED

- **VA.gov account:** create a Login.gov or ID.me account to apply for and manage benefits online.
- **Accredited representatives:** only a VA-accredited representative may prepare or file a claim for you. Veteran service organization representatives are free; accredited attorneys and claims agents can help too. Find one on VA.gov.
- **VA Solid Start** calls newly separated Veterans at about 90, 180, and 365 days. Save 800-827-0611.

DISABILITY COMPENSATION

- Monthly, tax-free payments for conditions caused or made worse by your service.
- For most claims, VA needs evidence of a current condition, an event, injury, or disease during service, and a link between the two.
- File within one year of separation, and benefits can begin the day after separation.
- VA may ask you to attend a claim exam. See SAVI's guide at savivets.org/va-claim-exam.

HEALTH CARE AND WELL-BEING

- **VA health care** covers physical and mental health, from checkups to prescriptions. Apply as early as one year before separation.
- **Mental health support** is available with no deadline, and you don't have to be enrolled in VA health care.
- **Vet Centers** offer free, confidential counseling for Veterans, service-members, and families.
- **The PACT Act** expanded care and benefits for Veterans exposed to toxic substances.

EDUCATION AND CAREER

- **GI Bill:** education and training benefits. You can use one VA education benefit at a time.
- **Personalized Career Planning and Guidance:** free career and education counseling.
- **Veteran Readiness and Employment:** job and training support for Veterans with a service-connected disability that affects their ability to work.
- **SkillBridge:** civilian training during your final 180 days of service, with command approval.

Sources: Department of Veterans Affairs: Know Before You Go workbook, version 1 (2026); Transition Assistance Program Community Integration Resources (July 2025) and Reserves and National Guard (August 2025) online resource guides; VA.gov.

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HOME AND INSURANCE

- **VA home loans:** VA guarantees part of the loan, so lenders often offer no down payment and competitive rates. Start with a Certificate of Eligibility.
- **Life insurance:** SGLI and family coverage end 120 days after separation. Convert to Veterans' Group Life Insurance within 240 days without proof of good health.

JOBS AND BUSINESS

- **Feds Hire Vets** for federal jobs.
- **American Job Centers** and **CareerOneStop** for local job search support.
- **Credentialing Opportunities Online (COOL)** to match your military training to civilian credentials.
- **U.S. Small Business Administration** and **Veterans Business Outreach Centers** to start or grow a business.

COMMUNITY

- **State Veterans affairs offices** for state benefits.
- **VA regional offices** and the **VA facility locator** to find in-person help.
- **Military OneSource** and the **National Resource Directory** for support near home.

Numbers to save

VA benefits	800-827-1000 (TTY: 711)
VA health care	877-222-8387
GI Bill	888-442-4551
VA home loans	877-827-3702
Life insurance (SGLI, VGLI, FSGLI)	800-419-1473
Vet Centers	877-927-8387
VA Solid Start	800-827-0611
Homeless Veterans call center	877-424-3838

In crisis? Veterans Crisis Line: dial 988, then press 1, or text 838255.

OFFICIAL SOURCES

- VA.gov
- VA Transition Assistance Program: discover.va.gov/transition-programs

Want one-on-one support? The SAVI Transition Incubator℠ serves service-members and Veterans from one year before to one year after separation. Join the list at savivets.org/veterans.