



U.S. Department of Defense

MILITARY
ONSOURCE

Connecting you to your best MilLife



POWERFUL SUPPORT **MADE FOR MiLIFE**

Easy access to a vast network of digital tools and trusted information.



Personal, confidential support, when you want someone to talk to.

RELATIONSHIPS SPECIAL NEEDS
HOUSING & LIVING MILITARY BASICS
Casualty Assistance Financial & Legal
PARENTING

RESOURCES AT THE READY

Recreation, Travel & Shopping MOVING & PCS
DEPLOYMENT Transitioning & Retiring
Safety from Violence & Abuse EDUCATION & EMPLOYMENT

Get the help you need — when, where and how you need it — wherever you are in your MilLife journey.

One Source for Our Military Community

Personal support is available for members of our military community including:

- All active duty, National Guard and reserve component service members
- Coast Guard when activated as part of the Navy under Title 10 authority
- Expeditionary civilians and veterans up to 365 days post-separation
- If you're eligible, so are your dependents

Most **Digital Resources** are also open to service members' friends and extended family





PERSONAL, CONFIDENTIAL SUPPORT

People need people. We're here when you want to talk to someone.



All these consultations and services are just a phone call or chat away. Need other support? We can connect you!

Support for Navigating MilLife

We understand the complexities of military life — and our consultants are here to help you along the way.



Financial and Tax Consultations



Transitioning Veterans



Wounded Warrior and Caregivers



Document Translation
& Language Interpretation



Spouse Relocation
and Transition



Support for the Family

We're here to help you and your family right from the start, with these specialty consultations:



New MilParent



Adoption



Special Needs



Elder Care

For more support for families, check out the **Military Parent Resource Center** on MilitaryOneSource.mil.



Healthy Bodies and Minds

Military OneSource consultations can help support your total wellness.



Health and Wellness Coaching



Education



Peer-to-Peer



Non-medical Counseling



More Support for MilSpouses



Spouse Education and Career Opportunities

Military OneSource and its SECO program give military spouses free access to:

- Career and education coaching with mock interviews and resume reviews
- Scholarships and fellowships
- Networking opportunities
- Exclusive job opportunities through the Military Spouse Employment Partnership... and more!



**SPOUSE EDUCATION &
CAREER OPPORTUNITIES**

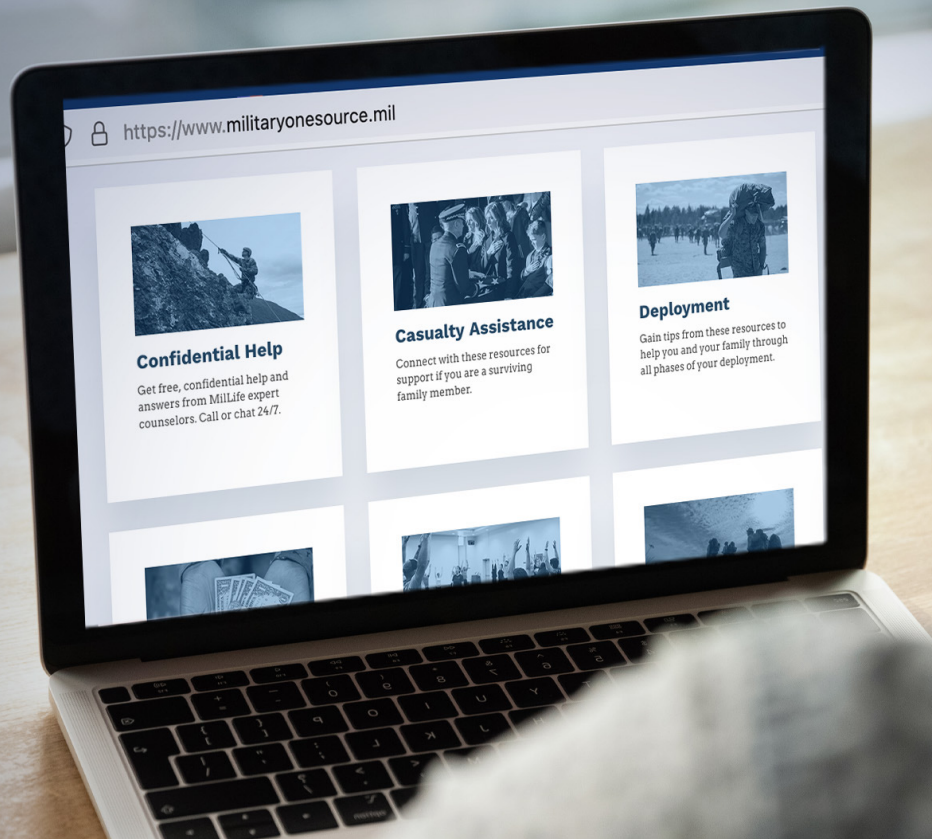


What Is Non-medical Counseling?

Free and confidential short-term counseling by phone or video chat to address stressors like:

- Relationship issues
- Parenting stress
- Money troubles
- Isolation or loneliness
- Adjusting to a new community
- Decision-making
- Life changes or loss





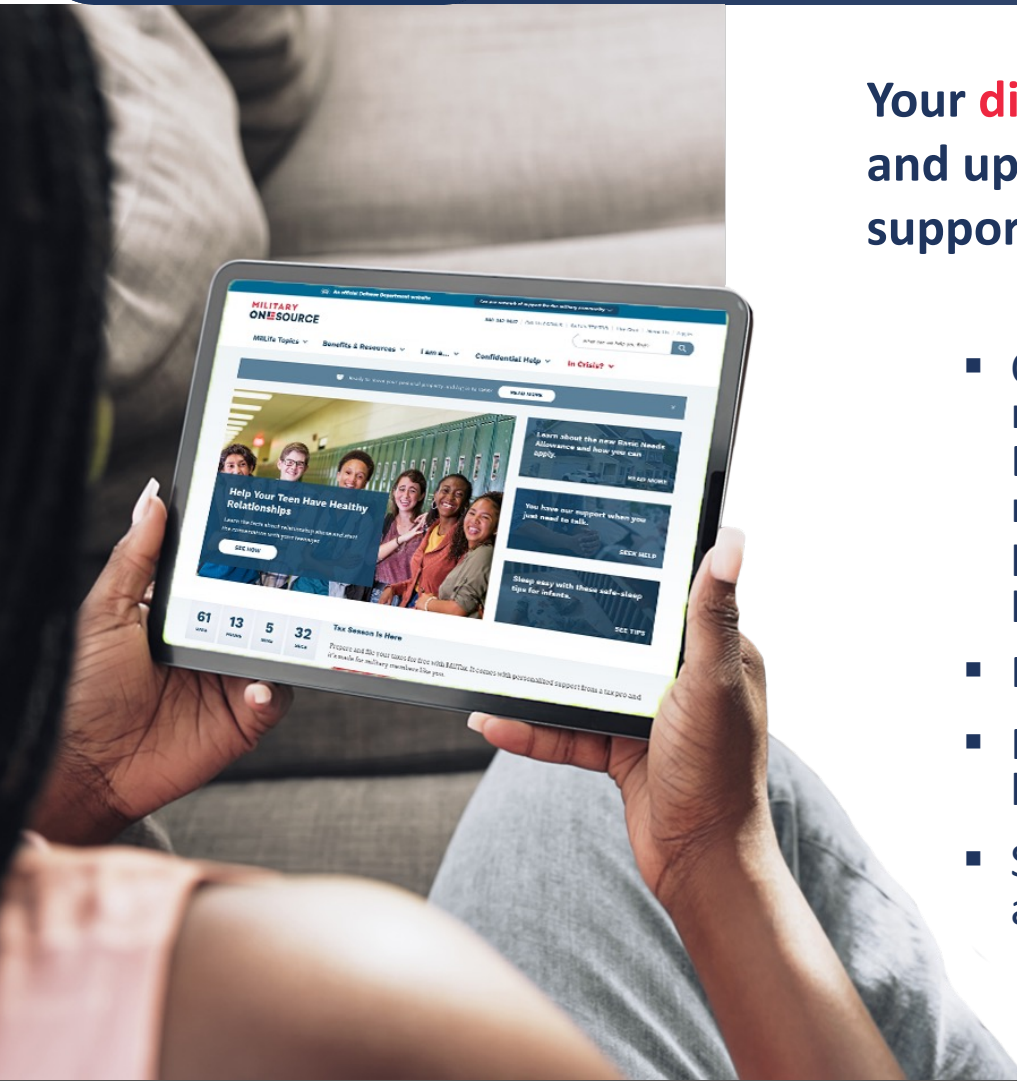
DIGITAL RESOURCES AT THE READY

Trusted information and links to a range of benefits and resources, at your fingertips 24/7.

MilitaryOneSource.mil

Your **direct source** for news, info, answers and updates on programs and benefits to support your MilLife.

- Covers military life basics, PCS and moving personal property, updates to Basic Needs Allowances, tools for retirement, expanding parental leave, personal safety and domestic violence prevention tools, and more
- Find quick answers to questions
- Fast links on where/how to access your benefits
- Set up Live Chats or Click to Call and talk to someone





Access our support when, where and how it's convenient for you.

Call 800-342-9647

| Live Chat

| My Military OneSource App



MilitaryOneSource.mil

Kelly N. Smith, LICSW

Associate Director, Military Community Support Programs
Program Manager, Military OneSource

Kelly.n.smith33.civ@mail.mil