

A RANGE OF SUPPORT

To Help You **Live** Your Best **MilLife**



U.S. Department of Defense

Get free and confidential expert help, 24/7.
Call **Military OneSource** at **800-342-9647**
or visit **www.MilitaryOneSource.mil**.

Military OneSource offers a wide range of individualized consultations, coaching and non-medical counseling to help you live your best MilLife.



Confidential Non-medical Counseling

For help managing life's stressors.



Spouse Education and Career Opportunities

Career coaching, tools and information to gain meaningful employment.



Health and Wellness Coaching

Personalized support for your fitness, nutrition and well-being.



Wounded Warrior and Caregivers

Timely assistance for issues related to health care, benefits and more.



Education

Solutions from pre-K through grad school.



New MilParent

Support for parenting challenges for expectant parents and those with children up to age 5.



Adoption

Help navigating the adoption and foster care process.



Document Translation and Language Interpretation

Free translation services in real time and for qualifying documents.



Peer-to-Peer Support

Support from a peer consultant with firsthand knowledge of military life.



Spouse Relocation and Transition

Free, personalized support for every step of the process.



Special Needs

Answers about the care and education of your family member with special needs.



Elder Care

Resources to support service members and spouses caring for aging family members.



Building Healthy Relationships

Education-based consultation to strengthen your relationships.



Transitioning Veterans

Personalized support as you transition to civilian life.



Financial and Tax Consultation

Expert answers to your financial and tax questions.