

## Resources

**Military OneSource** from the Defense Department is your 24/7 gateway to trusted information, resources and confidential help. When MillLife happens, it's your "first line of support" — giving service members and military families tools to stay well and thrive. Contact us anytime at [www.militaryonesource.mil/](http://www.militaryonesource.mil/) **800-342-9647** — we're here for you.



Resources and confidential help for civilian employees is available 24/7 at [FOH4You.com/800-222-0364](http://FOH4You.com/800-222-0364).

### NATIONAL HOTLINES

**Sexual Assault  
Safe Helpline**  
877-995-5247

[www.SafeHelpline.org](http://www.SafeHelpline.org)

**Child Abuse**  
800-4-A-CHILD (422-4453)  
[www.childhelp.org](http://www.childhelp.org)

**Domestic Violence**  
800-799-SAFE (7233)  
[www.thehotline.org](http://www.thehotline.org)

**988 Suicide & Crisis Lifeline**  
988 (call or text)  
[988lifeline.org](http://988lifeline.org)

**Crisis Text Line**  
[www.crisistextline.org](http://www.crisistextline.org)  
Text the word HOME to 741741

### READY COAST GUARD

[www.ready.gov](http://www.ready.gov)

Information, checklists, and printable forms to prepare for emergencies, including natural disasters and potential terrorist attacks.



Use the USCG Work-Life App to contact the Workforce and Family Services staff nearest you.



1. Tap the Workforce and Family Services POCs icon located on the main page of the USCG Work-Life App.
2. Select the specialist you would like to contact .
3. Find and select the location nearest you.

Download the USCG Work-Life App from the [Apple Store](#) or [Google Play](#).



# U.S. COAST GUARD



## Workforce and Family Services

*Delivering timely guidance and resources to Coast Guard commands, employees, and families.*

*Promoting balance between the needs of the Coast Guard and those of our members and their families.*

*Ready families. Resilient workforce.  
Mission ready.*



## Workforce and Family Services (WFS) Programs

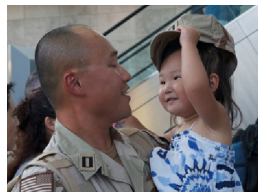


The Coast Guard recognizes that a balance between work and life is critical to individual and organizational success. WFS Programs provide resources for the entire Coast Guard family.

Services for the WFS Programs are provided by staff assigned to Regional Practices at Coast Guard Bases and detached locations Coast Guard wide.

These specialists administer their respective programs in accordance with Coast Guard Instructions and Family Services Center (WFSC) technical directives. They coordinate a myriad of program elements as specified by these directives, including training, mandatory reporting, marketing, measuring and evaluation, networking with local care providers, education and outreach.

Whether preparing for deployment, PCS move, or an emergency event, in times of stress or



joy, regional specialists are committed to connecting you with the highest quality information, resources, and services.

## Wellness Programs

### Health Promotion

- Health Risk Assessment
- Health Coaching
- Tobacco cessation ([WWW.UCANQUT2.ORG](http://WWW.UCANQUT2.ORG))

### Substance Abuse Prevention

- Substance misuse and abuse prevention
- Screening, education and treatment for Active Duty CG members

### Family Advocacy

- Family and Intimate Partner assessments, intervention and counseling
- Domestic violence awareness, education, prevention, and treatment
- Case management
- Victim advocacy
- Information, referral and support

### Employee Assistance

- Suicide awareness & prevention
- Workplace violence & threatening behavior prevention and intervention
- Critical Incident Stress Management (CISM)
- Victim and witness assistance
- Elder care

### Special Needs

- Assistance and resources for family members with special needs
- Guidance on program requirements and enrollment responsibilities

## Support Services Programs

### Family Support Services

- School liaison and scholarship assistance
- Adoption reimbursement
- Deployment assistance



### Personal Financial Management

- Financial education and training
- Financial counseling
- Financial resources, info and referrals

### Transition & Relocation

- Job search and career planning
- Retirement and transition seminars
- Resume writing assistance
- Spouse employment assistance
- Separation and Relocation resources

### Ombudsman

- Training, resources, and assistance for Ombudsmen and commands
- Family Readiness

### Childcare

- Center-based child care
- Housing-based child care
- Resource and referral



## Sexual Assault Prevention, Response and Recovery

- Prevention and awareness
- Resources and support
- Victim advocacy