

Resources Handout

RESOURCES EXIST, ASKING CAN HELP—SPOUSE

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Purpose

Whether you prefer to connect with someone by telephone, via e-mail or in person, this collection of national and local resources will help you find the best possible solution for your needs. The resources in this handout are designed to connect you to the support, answers and information you may need to overcome difficult challenges and reach your goals. The resources are grouped into six major categories: **1) Mental Health Resources; 2) Sexual Assault, Abuse and Prevention Resources; 3) Employment Resources; 4) Service Branch Resources; 5) Social Media, Video and Mobile Resources; and 6) Other Important Resources.** We encourage you to explore and use these resources to help you and your family thrive.

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Mental Health Resources

Counseling Resources

Military OneSource

Provides **free** confidential non-medical counseling, resources and support to address a variety of issues, reduce stress, improve emotional well-being and build important skills to tackle life's challenges.

Eligibility:

- All service members and their families
- Veterans and their families for 365 days after separation date
- Surviving spouses and their children

Available 24/7 by phone, secure video or online chat.

800-342-9647

<https://www.militaryonesource.mil/confidential-help/non-medical-counseling>

Give an Hour

Provides **free** mental health counseling and therapy from a network of licensed mental health professionals.

Eligibility:

- All service members and their families
- Veterans and their families
- Survivors of large disasters and traumas

Available in person, by phone or secure video.

<https://giveanhour.org>

Department of Defense Employee Assistance Program, or EAP

Provides **free** confidential counseling and resources to help people work through life challenges that may adversely affect job performance, health and personal well-being.

Eligibility:

- DOD civilian employees

Available 24/7 by phone or Monday-Friday, 7 a.m. to 5:30 p.m. CT by live chat.

866-580-9046

<https://magellanascend.com>

Vet Centers

Provides **free** confidential community-based counseling services to assess and treat mental health issues, including professional readjustment counseling.

Eligibility:

- All service members and their families
- Veterans and their families

Available 24/7 by phone.

877-WAR-VETS (927-8387)

<https://www.vetcenter.va.gov>

Installation Chaplains

Provides **free** religious services and resources; individual, family, premarital and marital counseling; and pre/post deployment assistance. Chaplains offer total confidentiality.

Eligibility:

- All service members and their families

Available in person or by phone.*

**See page 8 for chaplain's contact information.*

Mental Health Resources

Crisis Response

Disaster Distress Helpline

Provides **free** immediate crisis counseling for anyone experiencing emotional distress due to any natural or human-caused disaster.

Eligibility:

- Everyone

Available 24/7 by phone.

800-985-5990

<https://www.samhsa.gov/find-help/disaster-distress-helpline>

National Suicide Prevention Lifeline

Provides **free** confidential support and resources for people in suicidal crisis or emotional distress.

Eligibility:

- Everyone

Available 24/7 by phone or online chat.

800-273-8255

<https://suicidepreventionlifeline.org>

Military/Veterans Crisis Line

Provides **free** confidential crisis support and resources to those in distress.

Eligibility:

- All service members and their families
- Veterans and their families

Available 24/7 by phone, text or online chat.

800-273-8255, Press 1; or Text 838255

In Europe: Call 00800 1273 8255 or DSN 118

In Korea: Call 0808 555 118 or DSN 118

In Afghanistan: Call 00 1 800 273 8255 or DSN 111

<https://www.veteranscrisisline.net>

Mental Health Resources

Referrals and Information

Substance Abuse and Mental Health Services Administration, or SAMHSA

Provides **free** confidential treatment referral and information services (in English and Spanish) for individuals and families dealing with mental and/or substance use disorders.

Eligibility:

- Everyone

Available 24/7 by phone.

800-662-4357

<https://www.samhsa.gov/find-help/national-helpline>

National Alliance on Mental Illness, or NAMI

Provides **free** information, resource referrals, and support to people living with mental health conditions.

Eligibility:

- Everyone

Available Monday-Friday, 10 a.m. to 6 p.m. ET by phone or text.

800-950-NAMI (6264), text “NAMI” to 741741

Email: info@nami.org

<https://www.nami.org/Your-Journey/Veterans-Active-Duty>

InTransition

Provides **free** specialized coaching and assistance with mental healthcare to service members and veterans relocating to another assignment, returning from deployment, transitioning between services, transitioning out of the military or when a new mental health provider is needed.

Eligibility:

- All service members
- Veterans

Available 24/7 by phone.

800-424-7877

International Toll Free: 800-424-4685

Collect: 314-387-4700

<https://www.pdhealth.mil/resources/intransition>

Families Overcoming Under Stress – FOCUS

Provides a wide range of **free** effective prevention services customized to the needs of service members and their loved ones. Assists couples and families with various resources, such as resilience training, education workshops, consultations or skill-building groups focused on specific needs.

Eligibility:

- All service members and their families

Available by phone or e-mail.

310-794-2482

Email: info@focusproject.org

<https://focusproject.org/about>

American Association for Suicidology

Promotes the understanding and prevention of suicide and provides **free** resources and support to those affected by it.

Eligibility:

- Everyone

Available by phone or e-mail.

202-237-2280

Email: info@suicidology.org

<https://suicidology.org/resources>

Mental Health Resources

Referrals and Information *(cont.)*

Psychological Health Resource Center

Provides **free** programs and resources for psychological healthcare support, combat stress, reintegration, treatment for mental health conditions and many other topics.

Eligibility:

- All service members and their families
- All veterans and their families

Available 24/7 by phone, online chat, or email.

866-966-1020

Email: resources@phcoe.org

<https://www.pdhealth.mil/resources/call-centers/psychological-health-resource-center>

Alcoholics Anonymous

Provides **free** help and information for anyone who wants to stay sober or help other alcoholics achieve sobriety.

Eligibility:

- Everyone

Available by phone, online or in person.

<https://www.aa.org>

Narcotics Anonymous

Provides **free** recovery support from the effects of drug addiction with a 12-step program and regular attendance of group meetings.

Eligibility:

- Everyone

Available by phone, online or in person.

818-773-9999 x133

<https://www.na.org/meetingsearch/>

Al-Anon

Offers a **free** peer support group to families recovering from the effects of someone else's drinking by connecting and sharing experiences with one another.

Eligibility:

- Everyone

Available by phone, online or in person.

888-425-2666

<https://al-anon.org/al-anon-meetings/>

SMART Recovery

Provides **free** mutual support meetings to empower participants to achieve independence from addiction by using a science-based 4-Point Program. The meetings focus on techniques to help participants change their life from one that is self-destructive and unhappy to one that is constructive and satisfying.

Eligibility:

- Everyone

Available by phone, online or in person.

440-951-5357

<https://www.smartrecovery.org/about-us>

Mental Health Resources

Trainings

Signs of Suicide (SOS) for Secondary Students in DOD Schools

Provides training that teaches students how to identify warning signs of suicide and depression through video and guided discussion in a single class period. At the end of the session, students complete a seven-question screening for depression (anonymous or signed — the school can decide) to further encourage help-seeking and connect students at risk with trusted adults. The training can be administered in person or virtually.

Eligibility:

- Everyone

<https://www.mindwise.org/what-we-offer/suicide-prevention-programs>

OXYGEN Program

Offers a **free** program that helps military couples strengthen their relationship by working on communication in a fun, non-threatening environment. The program teaches couples how to resolve conflict, create emotional intimacy, achieve greater empathy and improve their parenting skills.

Eligibility:

- All service members and their families
- All veterans and their families

Available in person.

<https://strongerfamilies.com/what-we-do>

“Simple Things Save Lives” Video

Provides **free** research-based information on patterns of social and behavioral risks that may be observed on social media preceding suicide. The video also includes steps for intervening in a crisis and referring someone at risk for suicide to appropriate care.

Eligibility:

- Everyone

<https://www.dspo.mil/SimpleThings>

Yellow Ribbon Suicide Prevention Education Training

Coordinates education, training, and collaboration efforts with local and national resources to build sustainable suicide prevention programs that empower individuals and communities through leadership, awareness and education.

Eligibility:

- Everyone

Available by phone or e-mail.

303-429-3530

Email: ask4help@yellowribbon.org

<https://yellowribbon.org>.

Mental Health Resources

Local Mental Health Resources

REACH-S Facilitator: Please update the fields highlighted in yellow with resources applicable to your installation and target audience.

Installation Chaplains

Provides **free** religious services and resources; individual, family, premarital and marital counseling; and pre/post-deployment assistance. Chaplains offer total confidentiality.

Eligibility:

- All service members and their families

Available in person or by phone.

ADD RESOURCE NAME HERE

ADD PHONE # HERE

ADD EMAIL HERE

Military and Family Life Counselors, or MFLCs

Supports service members and their families with **free** confidential non-medical counseling focused on life skills topics, such as anger management, conflict resolution, parenting and child communication, relationships issues and deployment stress. MFLCs are trained to work with the military community and do not keep written records.

Eligibility:

- All service members and their families

Available in person or by phone or secure video.

ADD RESOURCE NAME HERE

ADD PHONE # HERE

ADD EMAIL HERE

Family Readiness System

Network of agencies, programs, services and individuals that promote the readiness and quality of life of service members and their families.

Eligibility:

- All service members and their families

Available in person or by phone.

ADD RESOURCE NAME HERE

ADD PHONE # HERE

ADD WEBSITE HERE

Military & Family Support Center

Provides **free** information, support and services to help balance the demands of military life through trainings, workshops and one-on-one consultations.

Eligibility:

- All service members and their families

Available in person or by phone.

ADD RESOURCE NAME HERE

ADD ADDRESS HERE

ADD PHONE # HERE

ADD WEBSITE HERE

Mental Health Clinic

Provides treatment on numerous mental health diagnoses, as well as individual, group and medication therapy.

Eligibility:

- Active-duty service members

Available in person or by secure video.

ADD RESOURCE NAME HERE

ADD ADDRESS HERE

ADD PHONE # HERE

ADD WEBSITE HERE

Substance Abuse Program

Provides substance abuse counseling and treatment.

Eligibility:

- All service members and their families

Available in person or by phone.

ADD RESOURCE NAME HERE

ADD ADDRESS HERE

ADD PHONE # HERE

ADD WEBSITE HERE

Mental Health Resources

Local Mental Health Resources *(cont.)*

REACH-S Facilitator: Please update the fields highlighted in yellow with resources applicable to your installation and target audience.

Emergency Room

Provides medical treatment for anyone requiring immediate attention.

Eligibility:

- All service members and their families

Available in person.

ADD RESOURCE NAME HERE

ADD ADDRESS HERE

ADD PHONE # HERE

ADD WEBSITE HERE

Mental Health Resources

Columbia–Suicide Severity Rating Scale (C-SSRS)

A screening questionnaire used for suicide assessment that is:

- Simple — questions can be asked in a few minutes
- Efficient — resources redirected to where they are most needed
- Effective
- Free — training provided if needed
- Evidence-supported
- Universal.


This tool can be used as a self-assessment or with anyone who may be at risk. Proactively asking questions in a supportive environment can be the best way to identify people who are at risk and get them the help they need. Asking is the first, critical step in suicide prevention.

<https://cssrs.columbia.edu>

| | Past Month | |
|--|------------|---------------|
| 1) Have you wished you were dead or wished you could go to sleep and not wake up? | | |
| 2) Have you actually had any thoughts about killing yourself? | | |
| If YES to 2, answer questions 3, 4, 5 and 6 If NO to 2, go directly to question 6 | | |
| 3) Have you thought about how you might do this? | | |
| 4) Have you had any intention of acting on these thoughts of killing yourself, as opposed to you have the thoughts but you definitely would not act on them? | High Risk | |
| 5) Have you started to work out or worked out the details of how to kill yourself? Do you intend to carry out this plan? | High Risk | |
| Always Ask Question 6 | Life-time | Past 3 Months |
| 6) Have you done anything, started to do anything, or prepared to do anything to end your life? <i>Examples: Collected pills, obtained a gun, gave away valuables, wrote a will or suicide note, held a gun but changed your mind, cut yourself, tried to hang yourself, etc.</i> | | High Risk |

NATIONAL
**SUICIDE
PREVENTION
LIFELINE**
1-800-273-TALK (8255)
suicidepreventionlifeline.org

Any YES indicates that someone should seek a behavioral health referral. However, if the answer to 4, 5 or 6 is YES, seek immediate help: go to the emergency room, call 1-800-273-8255, text 741741 or call 911 and STAY WITH THEM until they can be evaluated.



Columbia
Protocol
app
available

Sexual Assault, Abuse and Prevention Resources

Referrals and Information*

Sexual Assault Prevention and Response, or SAPRO

Oversees DOD sexual assault policy and provides **free** information and resources for victims of sexual assault.

Eligibility:

- Everyone

Available Monday-Friday, 8 a.m. to 5 p.m. ET by phone.

571-372-2657

<https://www.sapro.mil/about-sapro>

Rape, Abuse, and Incest National Network, or RAINN

Offers **free** confidential support services to survivors of sexual assault. When you call, you will be routed to a local RAINN affiliate organization based on the first six digits of your phone number.

Eligibility:

- Everyone

Available 24/7 by phone or online live chat.

800-656-4673

<https://rainn.org>

Transitional Compensation Program

Provides financial assistance to military spouses who are victims of domestic abuse in the event the active-duty service member has been administratively separated or court-martialed for a dependent abuse offense.

Eligibility:

- Military spouses

Contact the Family Advocacy Program at your installation to learn more.

<https://www.militaryonesource.mil/family-relationships/relationships/relationship-challenges-and-divorce/transitional-compensation-help-for-victims-of-abuse>

National Domestic Violence Hotline

Provides **free** information and assistance to anyone affected by domestic violence.

Eligibility:

- Everyone

Available 24/7 by phone.

800-799-7233

Safe Helpline

Provides **free** anonymous help, information and resources to military members affected by sexual assault.

Eligibility:

- All service members
- Military spouses
- Dependent children 18 years of age and older
- DOD civilian employees and their family dependents 18 years of age and older when they are stationed or performing duties outside of the United States
- U.S. citizen DOD contractor personnel when authorized to accompany armed forces in a contingency operation OCONUS and their U.S. citizen employees

Available 24/7 by phone or online live chat.

877-995-5247

<https://www.safehelpline.org/>

** See page 3 for counseling resources for sexual assault.*

Sexual Assault, Abuse, and Prevention Resources

Local Resources

REACH-S Facilitator: Please update the fields highlighted in yellow with resources applicable to your installation and target audience.

Domestic Abuse Victim Advocate

Assists clients in determining what to do, where to get help and how they choose to report the assault.

Eligibility:

- Service members and their families experiencing domestic abuse

Available 24/7 by phone.

ADD PHONE # HERE

Sexual Assault Response Coordinator, or SARC

Serves as the single point of contact to coordinate sexual assault victim care. Tracks the services provided from the initial report of a sexual assault through disposition and resolution of the victim's healthcare and support service needs.

Eligibility:

- Service members and their families

Available by phone.

ADD PHONE # HERE

Family Advocacy Program, or FAP

Provides services to address challenges that contribute to abusive and neglectful relationships.

Eligibility:

- Active-duty service members and their families

Available in person or by phone.

ADD ADDRESS HERE

ADD PHONE # HERE

ADD WEBSITE HERE

Family Violence Prevention Services

Provides housing/shelter assistance, counseling and legal services to individuals affected by domestic violence.

Eligibility:

- Service members and their families

Available 24/7 by phone.

ADD PHONE # HERE

Add WEBSITE HERE

Employment Resources

Military Spouse Employment Partnership

Connects military spouses with hundreds of partner employers who have committed to recruit, hire, promote and retain military spouses.

Eligibility:

- Military spouses

<https://myseco.militaryonesource.mil/portal>

USAJOBS

Provides a non-competitive process designed to help military spouses find jobs in the federal government.

Eligibility:

- Military spouses

<https://www.usajobs.gov/Help/working-in-government/unique-hiring-paths/military-spouses/>

Spouse Ambassador Network

Provides **free** military spouse education and employment resources. The Spouse Ambassador Network is a group of like-minded organizations that are affiliated with the Military Spouse Employment Partnership and are dedicated to raising awareness of military spouse education and employment resources.

Eligibility:

- Military spouses

<https://myseco.militaryonesource.mil/portal/content/view/1494>

Hiring Our Heroes – U.S. Chamber of Commerce Foundation

Provides **free** employment tools, development opportunities and resources to connect the military community with civilian companies.

Eligibility:

- All service members
- Military spouses
- Veterans

<https://www.hiringourheroes.org/military-spouses>

Spouse Education and Career Opportunities Program

Provides **free** education and personalized career guidance to military spouses worldwide and offers comprehensive resources and tools for all stages of career progression.

Eligibility:

- Military spouses

<https://myseco.militaryonesource.mil/portal>

CareerOneStop

Provides **free** employment, education and relocation resources.

Eligibility:

- All service members
- Military spouses
- Veterans

<https://www.careeronestop.org/MilitarySpouse/default.aspx>

Service Branch Resources

Army

Family Readiness Group

Provides family members with **free** resources, support and information about their soldier's Army unit.

Eligibility:

- Soldiers and their family members
- Department of Army civilians and their family members

<https://www.armyfrg.org/skins/frg/home.aspx>

Army Morale, Welfare and Recreation Program

Supports readiness and resilience by providing a variety of activities and services, find your local MWR through website below.

Eligibility:

- Soldiers and their family members
- Civilian employees
- Military retirees
- Eligible participants for as long as they are associated with the Army

<https://www.armymwr.com>

Army Emergency Relief

A non-profit organization that provides funds to help soldiers who have experienced an emergency with immediate financial needs, such as rent, utilities and emergency travel. Find your local office through website below.

- Soldiers and their family members

<https://www.armyemergencyrelief.org/assistance/>

GoArmy Families

Provides **free** information and resources on what to expect when you or your loved one joins the Army.

Eligibility:

- Everyone

<https://www.goarmy.com/parents/army-families.html>

Army Strong Bonds

A unit-based, chaplain-led program that builds resiliency by strengthening Army families. Strong Bonds is conducted offsite using a retreat format in order to provide a fun, safe and secure environment to discuss relocations, deployments and other military lifestyle stressors.

Eligibility:

- Soldiers and their family members

<https://www.strongbonds.org>

Service Branch Resources

Navy

Family Suicide Prevention Gatekeeper Training

A suicide prevention training designed to teach Navy families how to accurately assess and respond to someone at risk for suicide. For more information on how to receive this training, contact your installation chaplain or the Fleet and Family Support Program, or FFSP.

Eligibility:

- Sailors and their family members

<https://www.mynavyhr.navy.mil/Support-Services/21st-Century-Sailor/Suicide-Prevention/Command-Leaders/Gatekeeper/>

Navy-Marine Corps Relief Society

Provides emergency financial assistance with basic living expenses, such as food, rent, utilities, assistance with emergency transportation, funerals, medical and dental bills, essential car repair, pay problems and other emergency needs. Assistance is provided with loans or grants, depending on financial need. Find your local office through website below.

Eligibility:

- Sailors and their family members

<https://www.nmcrcs.org/pages/call-or-visit-an-nmcrcs-office-today>

Naval Services Family Line

Provides families with **free** mentoring, education and resources to create a strong home front.

Eligibility:

- Navy, Marine Corps and Coast Guard families

<https://www.nsfamilyline.org>

Navy Morale, Welfare and Recreation Program

High-quality, customer-focused, programs and services that contribute to resiliency, retention, readiness and quality of life.

Eligibility:

- Sailors and their family members

<https://www.navymwr.org>

Fleet and Family Support Program

Supports individual and family readiness through **free** programs and resources that help Navy families stay resilient, well-informed and adaptable in the Navy environment.

Eligibility:

- Sailors and their family members

https://www.cnic.navy.mil/ffr/family_readiness/fleet_and_family_support_program.html

Navy Ombudsman

Communicates regularly with command families, provides **free** information and outreach, appropriate referral resources and acts as an advocate for command families.

Eligibility:

- Sailors and their family members

https://www.cnic.navy.mil/ffr/family_readiness/fleet_and_family_support_program/work-and-family-life/ombudsman_program.html

Service Branch Resources

Marine Corps

Marine Parents

Provides **free** support, information and creates opportunities for the public to support military troops through outreach programs.

Eligibility:

- Marines and their family members

<https://www.marineparents.com/>

Marine Corps Community Services

A comprehensive set of programs that support and enhance the operational readiness, war-fighting capabilities and quality of life.

Eligibility:

- Marines and their family members
- Marine retirees
- Civilians associated with the Marine Corps

<https://www.usmc-mccs.org>

Operational Stress Control and Readiness Program

Teaches Marines to help each other by understanding the stages of operational stress with a four-tier color system that makes identifying who needs help fast and easy.

Eligibility:

- Marines

Available in person.

<https://usmc-mccs.org/articles/having-trouble-with-stress-talk-to-an-oscar-member/>

Family Readiness Office

Reinforces the relationship between the unit, the unit members and their families.

Eligibility:

- Marines and their family members

Available in person.

<https://usmc-mccs.org/services/family/unit-personal-and-family-readiness>

Combat and Operational Stress Control

Training to prevent, identify and reduce stress as early as possible to promote long-term health and well-being among Marines and their family members.

Eligibility:

- Marines and their family members

<https://www.marsoc.marines.mil/Unit-Home/Personal-Family-Readiness/COSC/>

Navy-Marine Corps Relief Society

Provides emergency financial assistance with basic living expenses, such as food, rent, utilities, assistance with emergency transportation, funerals, medical and dental bills, essential car repair, pay problems and other emergency needs. Assistance is provided with loans or grants, depending on financial need. Find your local office through website below.

Eligibility:

- Marines and their family members

<https://www.nmcrcs.org/pages/call-or-visit-an-nmcrcs-office-today>

Marine Awareness and Prevention Integrated Training

A “one-stop shop” for training and education on behavioral health-related topics. Designed to proactively manage challenging situations and improve your ability to address behavioral health issues, such as substance abuse, suicide, family advocacy and combat and operational stress, before they become unmanageable.

Eligibility:

- Marines and their family members

<https://www.usmc-mccs.org/articles/mapit-umapit-map-what/>

Service Branch Resources

Air Force and Space Force

Spouse Resiliency Toolkit

An interactive website that empowers military spouses with resilience skills and provides **free** resources and tools to strengthen military families and mission readiness. Each module of the toolkit offers opportunities to watch, read, listen and interact with the content.

Eligibility:

- Air Force spouses

<https://spousert.wpengine.com/introduction>

Heart Link

Program that provides **free** information to help Air Force spouses get to know their surroundings and adjust to Air Force life with ease.

Eligibility:

- Air Force spouses

Available in person.

<https://afas.org/community-programs/>

Air Force Emergency Financial Assistance

Helps relieve any financial distress and provides assistance in financing higher education goals.

Eligibility:

- Airmen and their family members

<https://www.afas.org>

Key Spouse Program

Provides **free** information and support to enhance readiness, personal and family resiliency, and establish a sense of Air Force community.

Eligibility:

- Airmen and their family members

<https://www.afpc.af.mil/Benefits-and-Entitlements/Key-Spouse-Program>

Air Force Resilience

Website that provides tools, programs, resources and connections to local and national assistance for crisis prevention, intervention, and postvention.

Eligibility:

- Airmen and their family members

<https://www.resilience.af.mil/>

Family Suicide Prevention Training

A **free** video-based bystander intervention training that helps Air Force families recognize warning signs of distress, understand different options for intervening, and available resources. Encourages viewers to appreciate the importance of being proactive and developing strong protective factors.

Eligibility:

- Airmen and their family members

<https://wingmanonline.org/Programs/Video-Training-Modules>

Behavioral Health Optimization Program

Provides mental health assessments, education, consultation, and treatment including individual and group counseling. Reach out to your primary care provider or your installation military treatment facility to receive more information on how to begin this program.

Eligibility:

- Airmen and their family members

<https://www.military.com/military-report/af-behavioral-health-optimization-program.html>

Blue Grit Podcast

Free podcast that features conversations with current and former military leaders, mental health experts, elite athletes, veterans and other individuals who have overcome significant adversity.

Eligibility:

- Airmen and their family members

<https://soundcloud.com/user-52299767>

Service Branch Resources

National Guard/Reserve

Personal and Family Readiness Toolkit

Provides **free** information, worksheets and checklists to ensure preparation for deployment and resources for family support.

Eligibility:

- National Guard members and their families

<https://www.nationalguard.mil/Portals/31/Documents/ARNGpdfs/familyresources/Family-Readiness-Toolkit.pdf>

Navy Reserve Resources

Provides contact information for resources to support and inform Navy Reserve members.

Eligibility:

- Navy Reserve members and their families

<https://www.mynrh.navy.mil>

Guard and Reserve Family Readiness Toolkit

Provides **free** information about benefits and entitlements, pre/post-deployment readiness and resources to empower families.

Eligibility:

- National Guard and reserve members and their families

<http://asktop.net/wp/download/14/CDR ToolKit-FRG.pdf>

Yellow Ribbon Reintegration Program

Promotes the well-being of National Guard and reserve members, their families and communities by connecting them with **free** resources throughout the deployment cycle.

Eligibility:

- National Guard and reserve members and their families

Available in person or by phone.

303-429-3530

<https://www.yellowribbon.mil>

Joint Services Support for the National Guard

Provides **free** information about the resources and programs available to the National Guard members and their immediate family at the state and unit level, as well as how to make the most of federal benefits and resources provided for all service members.

Eligibility:

- National Guard members and their families

Available 24/7 by phone, secure video, or online chat.

800-342-9647

<https://www.militaryonesource.mil/national-guard/joint-services-support-program>

Army Reserve Family Programs

Provides a single gateway to responsive family crisis assistance and helps Army Reserve soldiers and their families connect to resources within their community.

Eligibility:

- Army Reserve soldiers and their families

<http://www.usar.army.mil/Family-Programs>

Marine Reserve Family Readiness Officer

Military point of contact that manages and promotes all unit family readiness. Find your unit's FRO on website provided.

Eligibility:

- Marines, sailors, and their families

<https://www.marforres.marines.mil/family-readiness-office>

Service Branch Resources

National Guard/Reserve *(cont.)*

National Guard Family Program

Provides **free** support and resources to educate families on every phase of Guard life — from planning for deployment to coming home.

Eligibility:

- National Guard members and their families

<https://www.militaryonesource.mil/national-guard/national-guard-family-program>

TRICARE Choices for National Guard and Reserve Handbook

Provides **free** information about the TRICARE options for National Guard and reserve members.

Eligibility:

- National Guard and reserve members and their families

https://tricare.mil/-/media/Files/TRICARE/Publications/Handbooks/NGR_HB.ashx

Social Media, Video and Mobile Resources

Blogs, TED Talks, Apps and Reports

Blog Brigade

Provides **free** blogs on self-care, experiences, challenges and military life tips from other military spouses.

<https://blog-brigade.militaryonesource.mil>

How Right Now

Provides **free** resources and inspiration to help you stay positive and remind you of your strengths.

<https://howrightnow.org/>

TED Talks

Features **free** talks on individuals' military perspective and experiences.

<https://www.ted.com/topics/military>

Weight of Gold

Explores the mental health challenges that Olympic athletes often face.

<https://www.hbo.com/documentaries/the-weight-of-gold>

Facebook Groups

To view any of the Facebook Groups resources and information, you will need to have an active Facebook account. Some of these groups are private and you will need to request to join the group.

FOCUS Project

Offers training designed to strengthen couples and families in readiness for tomorrow. Builds on current strengths and teaches new strategies to enhance communication, problem solving and goal setting.

Eligibility:

- Military families and couples

310-794-2482

Email: info@focusproject.org

<https://www.facebook.com/FOCUSResiliencyTraining>

Clinician's Corner Blog

Provides **free** blogs that discuss current topics of interest for psychological healthcare providers in the Military Health System.

<https://pdhealth.mil/news/blog>

Morale, Welfare and Recreation Digital Library

Provides **free** online resources to service members and their families, such as e-books, audiobooks, databases and reference books that can help you learn a new skill, keep kids engaged and help with their homework, or prepare you to land your next job.

<https://www.militaryonesource.mil/recreation-travel-shopping/recreation/libraries/morale-welfare-and-recreation-digital-library>

Military Families Homeschool

Connects military families to people and resources for homeschooling help.

Eligibility:

- Military families

<https://www.facebook.com/groups/569811153040974>

PTSD Support for Family and Spouses

Provides support to those suffering from PTSD and their family, friends, spouses and significant others.

Eligibility:

- Everyone

<https://www.facebook.com/groups/1928956160740695>

Social Media, Video and Mobile Resources

Facebook Groups *(cont.)*

Military Spouse Mental Health Support Group

Provides support for military spouses who may be battling a mental illness or know someone who is.

Eligibility:

- Military spouses

<https://www.facebook.com/groups/341538876521018>

National Military Family Association

Provides support and programs to strengthen and enhance the quality of life for every military family.

Eligibility:

- Military families

<https://www.facebook.com/militaryfamily>

Social Media, Video and Mobile Resources

Mobile Apps

Scan the QR code by using your cellphone camera. Point your camera at the QR code and it will prompt you to open your web browser where you will see the option to download the app either on the App Store or Google Play, depending on your device (IOS or Android). Download the app and begin using it!

My Military OneSource App

A **free** app that connects users to resources available through Military OneSource to help them reach their goals, overcome challenges and thrive.



SCAN ME

Defense Health Agency Apps

A collection of apps that provides information and support to individuals dealing with behavioral health issues and traumatic brain injury. The apps can be downloaded for **free** on either Android or iOS devices.



SCAN ME

Chill Drills

A **free** app developed for the military community that provides a collection of audio exercises to help users relax and manage their symptoms of stress.



SCAN ME

Mindfulness Coach

A **free** app developed by the VA offering a slow-paced, self-guided training program designed to help people understand and adopt a simple mindfulness practice.



SCAN ME

Couples Coach

A **free** app developed by the Veterans Administration that provides an opportunity for partners to improve their relationship and explore new ways to connect.



SCAN ME

Social Media, Video and Mobile Resources

Mobile Apps (cont.)

T2 Mood Tracker

A **free** app that allows users to monitor their moods on six scales (anxiety, stress, depression, brain injury, post-traumatic stress, general well-being). Users can also add or customize additional scales. T2 Mood Tracker compiles the user's ratings in each of these areas and creates a graph to help see patterns.



SCAN ME

Breathe2Relax

A **free** app that provides a hands-on diaphragmatic breathing exercise that helps stabilize mood and control anger.



SCAN ME

Virtual Hope Box

A **free** app that provides simple tools to help individuals with coping, relaxation, distraction and positive thinking.



SCAN ME

Sesame Street for Military Families

A **free** app that provides access to engaging videos, articles, storybooks, parent guides and more to help military families support their preschool and school-aged children as they encounter transitions common to military life.



SCAN ME

PTSD Family Coach

A **free** app developed by the VA that provides extensive information about PTSD, how to take care of yourself, how to take care of your relationship with your loved one or with your children, and how to help your loved one get the treatment they deserve.



SCAN ME

Positive Activity Jackpot

A **free** app developed by the DHA that uses pleasant event scheduling, a behavioral therapy, to overcome depression and build resilience. The app helps users find local activities, provides suggestions and invite friends to any activities.



SCAN ME

Other Important Resources

Practical Concerns

REACH-S Facilitator: Please update the fields highlighted in yellow with resources applicable to your installation and target audience.

Child Care — MilitaryChildCare.com

Provides **free** access to comprehensive information on military-operated and military-subsidized child care options worldwide.

855-696-2934, select option 1

<https://militarychildcare.com>

ADD LOCAL CHILD CARE SERVICE CONTACT INFO HERE

Child Care – Military OneSource

Provides **free** access to a national database of more than a million caregivers to find hourly, flexible and on-demand child care.

800-342-9647

<https://www.militaryonesource.mil/family-relationships/parenting-and-children/military-childcare-services>

Transportation

Connects you with local resources that include public transportation, installation shuttle, car pool and Lyft/Uber information.

<https://www.va.gov/healthbenefits/vtp/resources.asp>

ADD LOCAL PUBLIC TRANSPORTATION CONTACT INFO HERE

Busy Schedule

Provides information about **free** resources, programs and tools to help manage challenges and navigate through military life.

800-342-9647

<https://www.militaryonesource.mil/family-relationships/spouse/spouse-resources/>

Finding a Provider

Helps you find a provider whether you are relocating, traveling or looking for a new doctor near home.

<https://www.tricare.mil/FindDoctor>

ADD LOCAL PROVIDER RESOURCE WEBSITE HERE

Personal Career Concerns

Connects you with **free**, personalized and confidential help to assist with your career. This resource can be especially helpful when transitioning out of the military or PCSing.

800-342-9647

<https://www.militaryonesource.mil/confidential-help/specialty-consultations/spouse-relocation-transition>

Difficulty Scheduling Appointments

Provides access to information on how to book appointments, depending on your insurance plan. Enables you to ask questions, get healthcare advice and find out if you should get care.

TRICARE Nurse Advice Line

800-TRICARE (874-2273), select option 1.

<https://www.tricare.mil/FindDoctor/Appointments>

Navigating Insurance

Provides **free** resources and information on various healthcare services available and connects you with a consultant to receive personalized assistance.

800-342-9647

<https://www.militaryonesource.mil/health-wellness/healthcare/health-care-resources>

Cost

Helps calculate any costs related to healthcare services depending on insurance plan.

<https://www.tricare.mil/Costs>

Provides a variety of resources to save money and manage expenses.

<https://www.militaryonesource.mil/financial-legal/personal-finance/personal-finance-resources>