



POC: <http://www.militaryonesource.com/>, <http://www.Armyonesource.com/>,
www.militaryhomefront.dod.mil/ or (800) 342-9647

Education, relocation, parenting, stress - you name it - Military OneSource and Military Homefront are here to help you with just about any need. Available by phone or online, our free service is provided by the Department of Defense for active-duty, Guard, and Reserve service members and their families. The service is completely private and confidential, with few exceptions.

Topic Areas for Help

- Caregiver Stress
- Casualty Assistance and Survivor Support
- Couples
- Deployment and Reunion
- Education
- Family Maltreatment
- Hurricanes
- Military Families
- Money Matters
- New Parent Support
- Parenting and Child Care
- Parents of Children Ages 0 to 3
- Parents of Teenagers
- Reunion and Combat Stress
- Severely Injured Service Members
- Singles Issues
- Smooth Moves
- Special Needs
- Spouse Training, Education, and Career
- Transition to Civilian Life

<http://www.militaryonesource.com/MOS/FindInformation/TopicalSheets.aspx>

Numerous tools (<http://www.militaryonesource.com/MOS/Tools.aspx>) :

•Family & Recreation, Career & Education, Health & Relationships, Military Life & Deployment, Financial & Legal, Crisis

Numerous Military Homefront Topics

- Troops and Families
- Leadership
- Service Providers



**SF Council
FACT SHEET**



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Who's eligible for Military OneSource? No cost to service members, include:

- *Active-duty service members* in the Air Force, Army, Marine Corps, and Navy, and their immediate family members.
- *National Guard and Reserve members* and their immediate family members (includes members of the Individual Ready Reserve).
- *Retired and separating service members* and their immediate family members for up to six months following their separation.

Other people eligible for Military OneSource include extended family members who are seeking assistance on behalf of the service member and some qualified DoD civilians. For specific information, contact a Military OneSource consultant.

