



## Military Community and Family Policy Fact Sheet

### Top 5 reasons for seeking non-medical counseling

- *Marital or relationship issue*
- *Job stress*
- *Communication*
- *Grief or loss*
- *Parent-child relationship*

### Additional information

<http://www.MilitaryOneSource.mil>  
 Hover over Confidential Help and click on the mobile solutions listed under Other Services and Counseling.

## MoodHacker, CoachHub and Love Every Day

### Background

Relationships and stress can greatly affect your service members' readiness and their families' levels of satisfaction in life. MoodHacker, CoachHub and Love Every Day are three components of Military OneSource's new suite of mobile solutions that can help improve their quality of life. CoachHub is designed as a standalone coaching platform, or one that can be used to take MoodHacker to the next level by providing coaching to assist users in managing their stress and moods. These no-cost, easy-to-use mobile solutions can help reduce stress and spark some fun whenever and wherever it is most convenient.

### Highlights

Military OneSource helps boost the quality of your service members' and their families' lives with these mobile tools:

- **MoodHacker:** Get an edge on managing mood with MoodHacker. This self-directed tool will help users track, understand and ultimately improve their moods and mental well-being.
- **CoachHub:** Help meet stress management goals with an online coach through CoachHub. Coaches can view user progress and results in real time to keep them on track, whenever they need it.
- **Love Every Day:** Users can connect with their partners in a fun and meaningful way to improve the stability and resilience in their relationship with Love Every Day. Couples get personalized text messages to help them develop a renewed sense of connection.

