



Military Community and Family Policy Fact Sheet

Military OneSource can help

Military members have a place to go for support. Our priority is to make sure all current and former service members receive the care they need.

Additional information

Military OneSource
<https://www.militaryonesource.mil>
800-342-9647

Military OneSource Offers Peer-to-Peer Support

Background

Talk to someone who gets it — Military OneSource has expanded confidential services for service members and their spouses by adding peer-to-peer specialty consultations. Peer consultants are veterans and spouses who have experienced military life and understand its unique challenges.

Highlights

Military life is full of exciting and challenging times, and Military OneSource is here to listen. Talk to someone who understands what you're going through. Get confidential support from people like you — veterans and military spouses — through Military OneSource peer-to-peer specialty consultations.

Here's what you need to know:

- All Military OneSource peer-to-peer consultants have experienced military life firsthand and have a master's degree in psychology or a social science field as well as specialized peer training.
- Service members, and their spouses, are eligible to receive confidential peer-to-peer specialty consultations up to 180 days after separation from the military.
- Schedule your free, confidential peer-to-peer specialty consultation by calling Military OneSource anytime at 800-342-9647.
- Using Military OneSource confidential services will not negatively affect your career or your spouse's career.

