



Military OneSource Overview

General Eligibility

- › Active duty, National Guard and reserve component service members
- › Immediate family members
- › Coast Guard only when activated with the Navy
- › Civilian Expeditionary Workforce (when deployed)



Private and Confidential

Privacy is protected

- › Your personal information will not be
 - Provided to the military or chain of command
 - Shared with family or friends
 - Released to other agencies

Duty to Warn

- › Suspected family maltreatment (domestic violence, child or elder abuse/neglect)
- › Harm to self or others
- › Illegal activity



Range of Support



Military OneSource: Something for Everyone

- › Did you know Military OneSource has...
 - Smart shopping tips (audio clips)
 - Planning for your golden years (video)
 - Connecting with your child (booklet)
 - Dealing with your stress (downloadable)
 - Disaster preparation (webinar)



Our Websites

Military INSTALLATIONS
Your official DoD source for installation and state resources available to active-duty service members.

Get started!

Looking for particular installation or state? Enter an installation (Click a directory of installations) or enter a state.

Looking for specific program or service? Select a program or service. Then, enter an installation (Click a directory of installations) or enter your postal code.

MILITARY YOUTH ON THE MOVE

Your Place
Kids
Pre-Teens
Teenagers

Let's Move!!
This is your one-stop-shop for advice and info on moving, social life, school, and more. Check out the general resources links above or stuff for kids your age on the left!

In Your Words...
I've been to eight different schools in my life.

MILITARY SPOUSE CAREER PORTAL

I'm a Military Spouse
Leverage MDSIP resources to jumpstart your career. Call 1-800-342-9647

Job Search

Newest Jobs
Career Transition Tracker

Plan My DEPLOYMENT
Supporting service members and their families throughout the deployment cycle.

Deployment and mobilization have changed in recent years, getting longer, occurring more frequently and having caused additional stress for service members and families, and have increased the need for planning successful returns.

Plan My Deployment was designed to help you address these issues and may be used in coordination with other support programs. With Plan My Deployment you can take some of the stress out of deployment or helpful too. Whether it's your first deployment or mobilization or your fifth, you will be able to create a Return/Reintegration plan that contains only the information you and your family need to successfully return home.

Tell us about yourself or your service member. Then click on your phase of deployment.

Once you have answered the questions, select a phase on the right.

Expected return date: [dropdown]
Expected start date: [dropdown]
Required fields are marked with an asterisk *

Military OneSource

PLAN MY MOVE

Take charge of your PCS move. Plan My Move provides you with access to information, entitlements and benefits, to points of contact, checklists, planning tools, and information on employment. Plan My Move will put you and your family in charge of a smooth relocation to assignment. Fill in the following information about your move, click "Get Moving" and we will new assignment cannot be found, select a nearby installation.

Plan My Move gives you the option of storing the entries below plus it allows for creating a calendar designed just for you and your family. Begin customization by creating an account you don't have to reenter your information each time you return. You just sign-in and get it.

Where are you currently stationed? [dropdown]
Where are you being reassigned? [dropdown]
When do you plan to depart? [calendar]

eSponsorship Application & Training

Welcome to the eSponsorship Application

Congratulations, you have been selected by your unit to sponsor a new member. You will receive an email and you are responsible. This is a very important responsibility as a sponsor newly assigned installation is largely based upon the sponsor. As a sponsor, you have the opportunity to provide leadership and support to the new member and their family. Your duties as a sponsor are mandatory. This eSponsorship application has been created to:

- Train you on your role and responsibilities
- Provide you with the knowledge and resources for effective sponsorship
- Provide you access to all the tools you need to do an outstanding job

SECO

General Education | Education Training | Employment Readiness

Explore career interests

TOOLS AND RESOURCES

CAREER COUNSELING

USA4MilitaryFamilies

Department of Defense and Department of Veterans Affairs

10 KEY ISSUES

1. Facilitate service members receiving licensure and academic credit for military education, training and experience
2. Facilitate military-to-civilian transition through licensure portability and eligibility for apprenticeship opportunities
3. Support development of veterans treatment courts open to eligible veterans and service members throughout the state
4. Increase access to quality, affordable childcare for military families
5. Promote consumer protections and enforcement of the predatory lending regulation
6. Allow service members to retain their...

VOLUNTARY EDUCATION

645,000 Enrolled in 800,000 Courses

VOLUNTARY EDUCATION PROGRAMS

- Military Tuition Assistance**: Tuition and fee assistance for voluntary off-duty education
- Educational Transcripts - Evaluation of Military Experience and Training**: Validate occupational experience and training for college credit
- Postsecondary Degree**: College enrollment and tuition assistance leading to degree
- ServiceMembers Opportunity Colleges**: More than 1800 colleges and universities providing educational opportunities
- Post-9/11 Veterans Educational Assistance Act of 2008 (Post-9/11 GI Bill)**: New educational benefits for individuals who served on or after September 11, 2001
- Exams for College Credit**: Testing program to earn certificates, licenses, college credits or high school diploma
- Online Academic Skills Courses**: Online courses to enhance academic competencies
- DoD Third Party Education Review**: Announcement of third party education review contract
- DoD Voluntary Education Partnership MOU**: Visit the DoD MOU website at www.dodmou.com to start the application process
- Transfers to Teachers (TTT)**: Begin a second career in public education as a teacher



A Newly Designed Homepage

The screenshot shows the Military OneSource homepage with the following elements circled in red:

- Navigation Bar:** "Counseling Options" and "Military Life Topics" dropdown menus.
- Search Bar:** "What are you looking for?" search box.
- Hero Section:** "The Military Kids Connect Website" promotional banner.
- Content Area:** "MOST POPULAR on Military OneSource" list of articles.
- Form:** "INSTALLATION LOCATOR" search form.

Military OneSource Call. Click. Connect.

800-342-9647 **Counseling Options** **Military Life Topics** Monthly Focus Social Media Hub

The Military Kids Connect Website
Check out the new tools including videos, lesson plans and graphic novels created by military children!
[Learn more](#)

MOST POPULAR on Military OneSource

- 1. Feelings Surrounding a Postponed Deployment
- 2. Military OneSource Tax Service
- 3. Electronic Sponsorship Application and Training
- 4. Partner With a Military OneSource Health and Wellness Coach to Improve Your Health and Well-being
- 5. Your Relocation Assistance Program and Services

BLOG BRIGADE

Use It Up, Wear It Out, Make It Do or Do Without!
by Kelli on Thu, 21 Feb 2013
During the Great Depression, just prior to the U.S. involvement in World War II, the phrase "Use it up, wear it out, make it do or do without" was more than a family adage; it was a national truism. Today's national truism is "Get it now, get it fast and if it breaks, get a ... [read more]

INSTALLATION LOCATOR
Quickly look up information on your installation.
Name of installation
View a directory of installations
or, state name

Military OneSource TWEETS

- "rt @MC_FP Video: First Lady Urges Governors to "Ramp Up" Vet Support <http://t.co/KEgN5hKZ9H> #FLOTUS #sot #veterans #milfam"
- "(Video) What are you saving for? <http://t.co/uq9CKrx170> Take the Saver Pledge now... It's easy! <http://t.co/fmeNEhRSRf> #milfam #MSW2013"
- "RT @MC_FP (Video) What is @MilitarySaves Week? Find out: <http://t.co/stpnduDPCO> #milfam #milkids #sot #MSW2013"
- "MT @MC_FP Happening NOW! #POTUS, VP, #FLOTUS & Dr. Biden deliver remarks to the Nat'l Governors Assoc. Watch LIVE: <http://t.co/ZMoXrsKqly>"
- "The @MilitarySaves Week theme is "Set a Goal, Make a Plan, Save Automatically." Pledge or re-pledge today! <http://t.co/MmSa2djgko> #MSW2013"

Join the conversation



A Newly Designed Homepage

The screenshot shows the Military OneSource homepage. At the top, there is a navigation bar with the Military OneSource logo on the left, the slogan "Call. Click. Connect." in the center, and a search bar on the right. Below the navigation bar is a secondary menu with links for "800-342-9647", "Counseling Options", "Military Life Topics", "Monthly Focus", and "Social Media Hub".

On the left side, there is a vertical sidebar with three buttons: "Need Help?", "Feedback", and "Products".

The main content area features a large banner for "The Military Kids Connect Website". The banner includes the Military Kids Connect logo, a photo of children, and text: "Discover new games and resources for kids, parents and educators." and "Check out the new tools including videos, lesson plans and graphic novels created by military children!". A "Learn more" button is present.

To the right of the banner is a "MOST POPULAR on Military OneSource" section with a list of five items:

1. Feelings Surrounding a Postponed Deployment
2. Military OneSource Tax Service
3. Electronic Sponsorship Application and Training
4. Partner With a Military OneSource Health and Wellness Coach to Improve Your Health and Well-being
5. Your Relocation Assistance Program and Services

Below this is a "Military OneSource TWEETS" section with three tweets:

- "rt @MC_FP Video: First Lady Urges Governors to 'Ramp Up' Vet Support <http://t.co/KEgN5hKZ9H> #FLOTUS #sot #veterans #milfam"
- "(Video) What are you saving for? <http://t.co/uq9CKrx170> Take the Saver Pledge now... It's easy! <http://t.co/fmeNEhRSRF> #milfam #MSW2013"
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At the bottom, there are two sections: "ePUBLICATIONS" featuring the "MOS eNewsletter" and "INSTALLATION LOCATOR" which includes a search form for installation names and state names.



Non-Medical Counseling Connections

The screenshot displays the Military OneSource website interface. At the top, there is a navigation bar with the Military OneSource logo on the left, social media icons, and menu items for "PHASES OF MILITARY LIFE", "BRANCH OF SERVICE", "THOSE WHO SUPPORT", and "LOG IN". Below the navigation bar is a search bar with the placeholder text "What are you looking for?". The main content area features a dark blue header with the slogan "Call. Click. Connect." and a search bar. Below this, there are several navigation tabs: "800-342-9647", "Counseling Options" (highlighted with a red circle), "Military Life Topics", "Monthly Focus", and "Social Media Hub". The "Counseling Options" tab is expanded, showing a list of services: "Face-to-Face Counseling", "Telephonic Counseling", "International Calling Options", "Online Counseling", "Financial Counseling", and "Health and Wellness Coaching". To the left of this list, there is a sidebar with a "Need Help?" button (highlighted with a red circle) and links for "Feedback" and "Products". Below the counseling options, there is a section for "Log in for counseling" with a "LOG IN" button and a link to "Check eligibility and register now". At the bottom of the page, there is a "BLOG BRIGADE" section with a post titled "Use It Up, Wear It Out, Make It Do or Do Without!" and a "Military OneSource TWEETS" section with several tweets.

Follow Military OneSource:

PHASES OF MILITARY LIFE ▾ BRANCH OF SERVICE ▾ THOSE WHO SUPPORT ▾ LOG IN

Military OneSource *Call. Click. Connect.* What are you looking for?

800-342-9647 **Counseling Options** ▾ Military Life Topics ▾ Monthly Focus ▾ Social Media Hub ▾

Contact a Military OneSource consultant now
800.342.9647
Military Crisis Line
800.273.TALK (8255)
DoD Safe Helpline
Sexual Assault Support
877.995.5247

Military OneSource non-medical counseling services are available to provide help with short-term issues to those who are eligible. [Check eligibility.](#)

Face-to-Face Counseling
Telephonic Counseling
International Calling Options

Online Counseling
Financial Counseling
Health and Wellness Coaching

Log in for counseling
Log in to your Military OneSource account to access online counseling services.
LOG IN
Don't have a login yet?
[Check eligibility and register now](#)

5. [Your Relocation Assistance Program and Services](#)

Visit **MilitaryKidsConnect.org** ▶

BLOG BRIGADE

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Military OneSource TWEETS

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"RT @MC_FP (Video) What is @MilitarySaves Week?"



Financial Services

Financial Counseling

- › Budgeting and general financial management
- › Debt management
- › Housing counseling

Financial Planning

- › Investing
- › Retirement planning
- › Planning for college
- › TSP/401K/Pensions
- › Traditional and ROTH IRAs
- › Assistance in selecting a certified financial planner in the local community
- › Tax questions/Tax preparation



Specialty Consultation

Specialty Consultations

- › Adoption
- › Adult disability
- › Wounded warrior
- › Education (college and general)
- › Elder care
- › Health and wellness
- › Special needs

Additional Services

- › Document translation
- › Simultaneous interpretation



Health and Wellness Coaching

- › Individual coaching sessions
 - Telephone-based
 - Online
- › Health and wellness issues
 - Weight loss
 - Fitness and exercise
 - Nutrition
 - General health (stress management, resiliency, etc.)
- › Health risk assessments
 - Individualized plans
 - Goal setting
 - Outreach and engagement
- › Self-directed coaching
 - LivingEasy™
 - LivingLean™
 - LivingFit™
 - LivingFree™



Career

Topics

- › Choosing a career
- › Finding a job
- › Effectiveness at work
- › Management skills

Resources

- › Spouse Education & Career Opportunities Center
 - Career assessments
 - Employment readiness
 - Web links
 - Newsletters
- › Military Spouse Employment Partnership



Education

Topics

- › K-12 education
- › Adjusting to college
- › Financial aid and scholarships
- › Alternatives to college
- › Continuing education

Resources

- › School locators
- › DoD MWR Libraries Education Resource Center
- › College Navigator
- › Military Spouse Education Resource Guide
- › Military Spouse Employment Partnership
- › Spouse Education & Career Opportunities Center



Social Media Hub

Follow Military OneSource:

PHASES OF MILITARY LIFE BRANCH OF SERVICE THOSE WHO SUPPORT [LOG IN](#)

Military OneSource *Call. Click. Connect.*

800-342-9647 [Counseling Options](#) [Military Life Topics](#) [Monthly Focus](#) [Social Media Hub](#)

Social Media Hub

Like 3 Tweet 0 +1 1 Share

Military OneSource

Find information to support you through every phase of military life.

Military Community and Family Policy

Join the conversation on the latest quality of life information and policies.

Military Spouse Employment Partnership

Stay informed of latest career opportunities and connect with other military spouses.

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VIDEOS [All Videos](#)

CJCS with Rosita singing "Sunny Day"
May 10, 2012 | 495 Views

PODCASTS [All Podcasts](#)

Disaster Preparedness
 Listen (4:12 minutes) Transcript (PDF)

MOBILE

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Mar. 12 [Moving with an IEP - 10:00 a.m. EST](#)

Mar. 14 [Moving with an IEP - 6:00 p.m. EST](#)

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DISCUSSION BOARDS

An online platform where participants can discuss topics related to military life that are important to service members and their families.

MODERATED CHATS

Live, interactive online events where you can share your ideas, opinions, and experiences on a variety of topics.

WIDGETS

Widgets are online applications that display featured information on your web page, blog, social networking site, or other sites.

SOCIAL MEDIA GUIDE (PDF)

Guidelines structured to provide open, interactive social media channels where all users can engage and connect.

[Need Help?](#)
[Feedback](#)
[Products](#)



Online Library Resources

Audio books, e-books, research, tutoring, exam prep, résumé builder and more!



Access

You can expect:

- › 24/7/365 worldwide access
- › Master's-level consultants to answer your questions
- › Objective, experienced and caring people
- › Up-to-date and useful information
- › No cost
- › A commitment to quality

Toll-Free telephone
800-342-9647



MilitaryOneSource.mil



m.MilitaryOneSource.mil



Email your questions
to a consultant



Interaction with trained
outreach professionals



Questions?



Call. Click. Connect.

800-342-9647 MilitaryOneSource.mil