

# A Range of Support

To Help You **Live** Your Best **MilLife**



U.S. Department of Defense

Get free and confidential expert help, 24/7.  
Call Military OneSource at 800-342-9647  
or visit [www.MilitaryOneSource.mil](http://www.MilitaryOneSource.mil).

**Military OneSource offers a wide range of individualized consultations, coaching and counseling to help you live your best MilLife.**



**Counseling**

For help managing life's stressors



**Peer-to-Peer Support**

Support from a peer consultant with firsthand knowledge of military life



**Spouse Education and Career Opportunities**

Career coaching, tools and information to gain meaningful employment



**Spouse Relocation and Transition**

Free, personalized support for every step of the process



**Health and Wellness Coaching**

Personalized support for your fitness, nutrition and well-being



**Special Needs**

Answers about the care and education of your family member with special needs



**Wounded Warrior and Caregivers**

Timely assistance for issues related to health care, benefits and more



**Elder Care**

Resources to support service members and spouses caring for aging family members



**Education**

Solutions from pre-K through grad school



**Building Healthy Relationships**

Education-based consultation to strengthen your relationships



**New MilParent**

Support for parenting challenges for expectant parents and those with children up to age 5



**Transitioning Veterans**

Personalized support as you transition to civilian life



**Adoption**

Help navigating the adoption and foster care process



**Financial and Tax Consultation**

Expert answers to your financial and tax questions



**Document Translation and Language Interpretation**

Free translation services in real time and for qualifying documents