

# Deployment Resources

## at the Ready

**Find deployment resources at the ready** – from **Military OneSource**, including assistance with understanding how your income will change, managing deployment-related stress, tips on maintaining your household, reintegration support and more. Military OneSource and your installation Military and Family Support Center are here to help you and your family members find the resources you need. You can rely on free 24/7 assistance from Military OneSource.



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**Download the My Military OneSource app** and connect fast to support and answers personalized for you and your MilLife. Set your preferences for your installation and gain 24/7 access to powerful tools and help from the War Department – in your hands, anytime, anywhere.



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