



# Support that goes OCONUS

**Personalized support from Military OneSource connects you to a range of resources that can make your time abroad even better.**

Being stationed overseas can introduce new opportunities and challenges. Military OneSource offers you one-on-one support, information and resources to help you thrive every step of the way.

## Get Free Services Abroad

- Free document translation and interpretation services
- Confidential non-medical counseling available on the phone or via video chat
- Personalized online career and education coaching for military spouses
- Peer-to-peer specialty consultations for service members and spouses
- One-on-one health and wellness coaching via video chat for service members, military spouses and teens
- Help finding in-person resources with the online tool MilitaryINSTALLATIONS

## Get Helpful Information

- Online courses in 70+ different languages
- Tips for adjusting to a new culture
- Reliable information about military pay while overseas
- Details about special education services abroad
- What to expect from your military sponsor

## Get Relocation Assistance

- Organize with the moving OCONUS checklist
- Use the online tool, Plan My Move, to coordinate your plans
- Request a spouse relocation and transition specialty consultation

Connect anytime, from anywhere in the world. We're here 24/7.  
Call 800-342-9647 or go online for chat and international dialing instructions:

<https://www.militaryonesource.mil/international-calling-options>

