



Who's Eligible?

- All active-duty, National Guard and reserve service members, regardless of activation status
- Service members transitioning post separation or retirement, including all Coast Guard veterans from separation date up to 365 days
- Survivors, which includes non-remarried spouses and their children
- Coast Guard, when activated with the Navy
- Immediate family members
- Department of Defense expeditionary civilians, 90 days pre-deployment and 180 days post-deployment

Get Started

Go to www.MilitaryOneSource.mil to schedule a consultation via live chat or, to learn more, search “Specialty Consultations.”

Service members and their families can also call 800-342-9647 from anywhere in the world, 24/7 to set up an appointment.

Current as of March 2020

Specialty Consultations

Background

Military OneSource offers free specialty consultations. A specialty consultation is a phone call, online chat or video chat with a specialist who has training and expertise in relevant resources and services.

Specialty Consultation Topics

Adoption

Military OneSource consultants can help military families begin the adoption process, find military-related financial assistance, and identify agencies that offer additional support and resources. Consultants also offer information about adoption agencies and support groups.

Building Healthy Relationships

Consultants provide personalized support tailored to strengthen service members' and spouses' relationships by helping them set goals and boost their communication skills.

Education

Consultants can connect service members and their families to programs, schools and services aligned with their educational needs. They also offer information about local public and private schools, support choosing a college, help finding financial assistance, and referrals for tutoring, scholarships and grant programs.

Elder Care

Military OneSource consultants can connect those caring for elders with local resources for seniors and provide guidance on what to consider before parents or older relatives need long-term care.

Health and Wellness Coaching

Service members and their families can get help achieving their health and wellness goals. Coaches offer support for different areas of wellness – everything from weight management, fitness and nutrition to stress management and life transitions.



New MilParent

Expectant parents and parents of children age five and under can get personalized consultant support and resources for self-care, sleep issues, toilet training, managing difficult behaviors, solo parenting, finding child care and more.

Peer-to-Peer

Peer-to-Peer support consultants are veterans, current members of the National Guard or reserves, or military spouses. They offer experience, knowledge, training, tools and other resources to help identify and meet the needs of those they support.

Special Needs

Military OneSource consultants help address questions and concerns about the care and education of family members with special needs — both children and adults. They can provide information about the special education cycle, specialized doctors, adult day care programs and financial assistance for medical equipment.

Wounded Warrior

This consultation provides immediate assistance to wounded, ill, injured and recovering service members, their families and caregivers. Consultants offer information about health care, facilities and benefits. They also work with services' wounded warrior programs and the Department of Veterans Affairs to promptly connect families to the support they need.

Spouse Relocation and Transition

Consultants help military spouses create individualized action plans and find relevant resources related to housing, child care, education, work-life referrals, health and wellness coaching, non-medical counseling services and more.

Transitioning Veterans

Consultants provide personalized support to service members in the process of transitioning to civilian life. Consultants help transitioning service members identify goals, navigate benefits and resources like VA assistance, and prepare for civilian career and education opportunities.

Call or chat anytime, 24/7, to schedule a specialty consultation. With the right information, resources and support, our military families can face any challenge with confidence. Tell them to call 800-342-9647 or visit www.MilitaryOneSource.mil to get started.

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