

# Be Deployment Ready.

**The Defense Department is here to support you through all phases of deployment.**

Preparedness is key to deployment readiness. Whether it's your first tour of duty or your fourth, deployments impact every aspect of daily life. Military OneSource and your installation Military and Family Support Center are here to help you from predeployment through reunion and reintegration. Get support:

<https://www.militaryonesource.mil/deployment/on-deployment/military-deployment-support/>.

## Master Your Deployment Plan

Access information and resources for every phase of the deployment cycle – for military spouses, single and married service members, and service members with families.

Use the Plan My Deployment Checklists online tool to create personalized checklists to help you organize your deployment and stay mission ready for all aspects of your military life, including:

- Information, records and legal support
- Staying connected during deployment
- Financial and emergency planning
- Mental health support and confidential counseling
- Planning for reintegration and returning home from deployment

Start preparing now at:

<https://www.militaryonesource.mil/resources/tools/military-deployment-checklists/>.

## Tackle Deployment With Confidence

Navigating day-to-day life, relationships and the needs of your family is complex during deployment. Tap into an array of tools, resources and personalized support services from Military OneSource, including child care information, health and wellness coaching, the Spouse Education and Career Opportunities, or SECO, program, relationship support and more.

## Prepare for Reunion and Reintegration

Reuniting with your loved ones after a deployment is both exciting and full of adjustments. Get tips to ease the transition for the entire family, establish reunion traditions and explore ways to share the load and reconnect through daily routines.

## Access Free, Virtual Confidential Counseling

Call **800-342-9647**, anytime from anywhere, to set up personalized, discreet, confidential counseling from Military OneSource. Get help with stress, health and wellness, relationships, parenting, grief, separation, financial planning and more. Your coaching session can be conducted by phone, secure online chat or video.

Overseas? Find country-specific calling instructions at <https://www.militaryonesource.mil/resources/tools/international-calling-options/>.

## Find Free, In-Person Support Close to Home

Face-to-face confidential counseling sessions are available through the Military and Family Life Counseling Program at installations worldwide. Visit your installation Military and Family Support Center to find in-person support close to home:

<https://installations.militaryonesource.mil/search?program-service=26/view-by=ALL>.



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