



Deployment Strong

Military OneSource has the resources you need to master deployment challenges and more.

Military OneSource and your installation Military and Family Support Center are here to help service members and families stay deployment strong at every turn. Get important information and resources to help you navigate MilLife challenges, from predeployment through reunion & reintegration - and beyond.

Plan My Deployment

This online tool offers a variety of information and resources for service members and families, for every phase of the deployment cycle.

Resources include:

- Printable tasks and considerations checklists
- Important documents and forms
- Financial and legal guidance
- Tips for staying connected and keeping relationships strong

<https://planmydeployment.militaryonesource.mil/>

Free Confidential Non-Medical Counseling

Connect to counseling through Military One Source 24/7/365 by phone, secure online chat or video.

Talk to us about stress, relationships, parenting, grief, separation and more. Call 800-342-9647 and be directed to personalized, discreet, confidential help.

Face-to-face sessions are also available through the Military and Family Life Counseling Program at installations worldwide.

Support for Military Families

Military OneSource is available anytime, anywhere with both online resources and a call center. Access support for:

- Personal health and wellness
- Spouse education and career guidance
- Financial counseling
- Special needs referrals
- Parenting resources and more

Check [MilitaryOneSource.mil](https://militaryonesource.mil) for all the information and services we offer to help you master your deployment.

Visit your installation Military and Family Support Center.



Stay deployment strong. Contact Military OneSource 24/7, or visit your local Military and Family Support Center. 800-342-9647 | www.MilitaryOneSource.mil

