



MILITARY FAMILIES

ACTIVE DUTY SPOUSE WELL-BEING 2017 SURVEY OF ACTIVE DUTY SPOUSES www.militaryonesource.mil/reports-surveys



Use of Counseling

The 612,127* active duty spouses play an important part in our military community. They face unique challenges due to their spouses' military service.

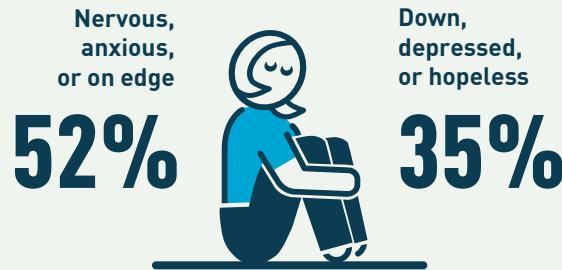
WELL-BEING OF ACTIVE DUTY SPOUSES

Current Level of Personal Stress



Mental Well-being

Within the last two weeks, active duty spouses reported feeling...



66% of active duty spouses are **comfortable using military counseling.**

36% of active duty spouses **have seen a counselor** during their husband's or wife's active duty career.

73% of active duty spouses who have seen a counselor **felt it was beneficial.**

Top Cited Issues Discussed in Counseling

Marital Issues



Mental Health Concerns



Couple's Communication Issues



SUPPORT FOR ACTIVE DUTY SPOUSES

Community Support

52% of active duty spouses agree that if they had an emergency, even people they did not know would be willing to help.

49% of active duty spouses agree that people know they can get help from the community if they are in trouble.

Family Support

89% of active duty spouses agree that generally speaking, they would describe their family as a strong, happy family.

84% of active duty spouses agree that the members of their family make an effort to show they have love and affection for them.

RESOURCES FOR FAMILIES

The Department of Defense is dedicated to helping military spouses manage stress. Military spouses can receive support at no cost, including non-medical counseling at:

**MILITARY
ONESOURCE**

800-342-9647

www.militaryonesource.mil