



## MILITARY FAMILIES

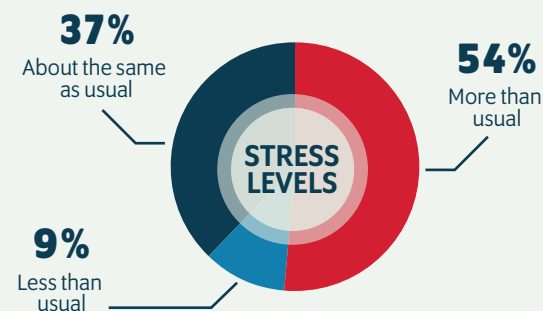
# ACTIVE DUTY SPOUSE WELL-BEING 2019 SURVEY OF ACTIVE DUTY SPOUSES

[www.militaryonesource.mil/data-research-and-statistics/survey-findings/2019-spouses-survey](http://www.militaryonesource.mil/data-research-and-statistics/survey-findings/2019-spouses-survey)

Today's 605,716\* active duty spouses have an important role in the total health of our military community. Addressing their well-being as they navigate military life is vital to the well-being and resilience of the Service member and the whole military family.

## WELL-BEING OF ACTIVE DUTY SPOUSES

### Current Level of Personal Stress

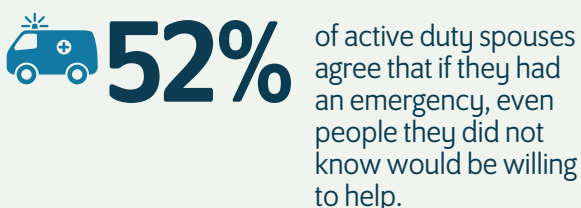


### Financial Comfort

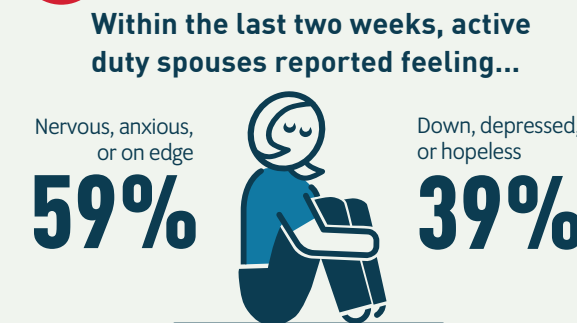


## SUPPORT FOR ACTIVE DUTY SPOUSES

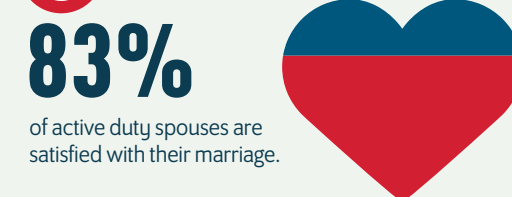
### Community Support



### Mental Well-being



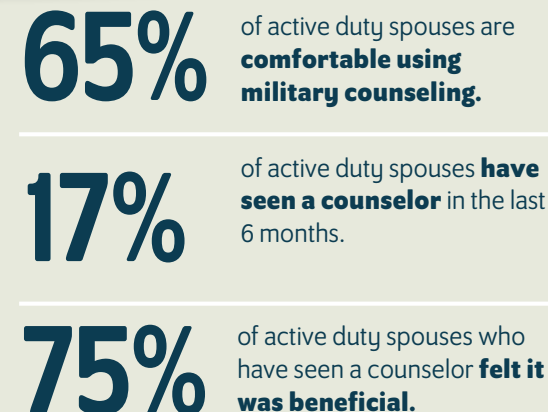
### Marital Satisfaction



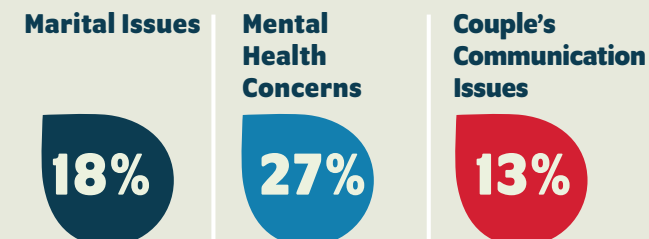
### Family Support



## Use of Counseling



## Top Cited Issues Discussed in Counseling



## 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](http://www.militaryonesource.mil)