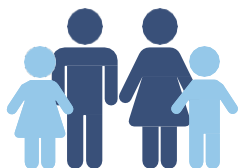


Sources of Support for Military Families



The **Military Family Readiness System** is a network of integrated support and resources encompassing DoD, Federal, State, and community agencies, programs and services to address the complex needs of military families.

What resources are military families using for support?

ACTIVE DUTY PERSONNEL



Self-Help
Information

27%



Spiritual
Leader

25%



Online Social
Network

25%



Military
OneSource

16%

VA

Among **Veteran families**, **Veterans Affairs** was the most frequently reported source of support (35%), followed by **online social networking** (29%), and **self-help information** (28%)



Among **Reserve and National Guard families**, support from a **religious or spiritual leader** was reported most frequently (27%)

Those in greater need are seeking support



Families with adolescents that screened for anxiety or depression* were significantly **more likely** to use support services



34% of adolescents used mental health services in the last 2 years

Resources

Military Family Readiness Programs connect service members and their families to services and resources that help them overcome challenges and thrive in military life. Access to non-medical counseling, information and resources are available 24 hours a day, in person, online and by telephone.

Visit **Military OneSource** to learn more or to be connected with a child and youth counselor.

*Logistic regressions analyses controlled for adolescent age, sex, and service member branch, component, paygrade, and current military status.

For more information, go to <https://militarysoar.org>

The Millennium Cohort Study of Adolescent Resilience (SOAR) follows military-connected children through adolescence and emergent adulthood to assess the impact of military experiences on their health and well-being.

Results shown are from the baseline 2022/23 parent (n=7,870) and adolescent (n=3,772) surveys.



U.S. Department of Defense