

Helpful Resources for Military and Community

As a member of the military family when the time comes to ask for help you will have many organizations to assist you and your family.

Military and Veteran Resources

Army Community Service (ACS)

Provides on-base support during all phases of deployment, including planning, relocation, employment, and financial services. Programs such as Family Readiness Groups (FRG), Family Assistance Centers (FAC), Army Emergency Relief Agency (AER), Family Advocacy Program (FAP), and Victim Advocacy Program are included.

www.armymwr.com/programs-and-services/personal-assistance

Army Emergency Relief (AER)

Provides financial assistance to Army soldiers (active duty and Reserve component soldiers) ordered to active duty for more than 30 consecutive days.

www.armyemergencyrelief.org/

Army Family Readiness Group (FRG)

A network of spouses of deployed troops disseminating command information, sharing advice, and providing community links and often social activities for families at home.

Army OneSource/Military OneSource Family Programs and Services

Offers private community counseling, including couples counseling, and information on parenting and issues related to deployment and reunion. There is no cost to active duty, Guard members, and Reservists (regardless of activation status) and their families. Army OneSource is on the Army Family Web Portal. www.militaryonesource.com,

www.armyfamilywebportal.com/

Army Substance Abuse Program (ASAP)

Provides on-base services, including education, counseling and rehabilitation, to Soldiers and Family members. <https://www.armyresilience.army.mil/substance/index.html>

Behavioral Health

The on-base Child, Adolescent & Family Behavioral Health System provides assessment and treatment, including marriage and family therapy.

Chaplains

Spiritual help is offered through military chaplains and enlisted religious support personnel who are available to help and serve Soldiers and families. Find a military chaplain by contacting the nearest military installation or by calling the Military Chaplains Association at 703-533-5890.

Ready and Resilient (R2)

Training centers at the unit level provide assessment, training, and self-development tools to build resilience, including problem solving, how to think optimistically, and how to cope with adversity.

Employer Support of the Guard and Reserves (ESGR)

Informs and educates Service members and their civilian employers regarding their rights and responsibilities. www.esgr.mil/

Family Advocacy Program (FAP)

Provides services to troops and family members experiencing domestic abuse and child abuse through prevention efforts, early identification and intervention, support for victims, and treatment for abusers. www.armymwr.com/programs-and-services/personal-assistance/family-advocacy

The GI Bill

The Department of Veterans Affairs website provides information on all federal benefits available for military personnel. www.gibill.va.gov

Health Insurance – TRICARE

Provides insurance for military personnel and family members. They can be reached by calling 888-585-9378 or at the website www.tricare.mil or health.mil/I-Am-A/Caregiver-or-Family-Member. You can compare the different health insurance plans on the website and enroll for optional plans such as the dental program. For Reservists: www.tricare.mil/reserve

Iraq and Afghanistan Veterans of America (IAVA)

Dedicated to educating the public about the wars in Iraq and Afghanistan, advocating on behalf of those who have served, and fostering a community for troops, Veterans, and their families. www.iava.org

Legal Assistance – Judge Advocate General’s (JAG) Corps

Provides online legal information and resources for a variety of situations for military personnel and their families. www.jagcnet.army.mil

Military Families at Real Warriors

Provides information and resources to educate service members, Veterans, military families and health care professionals. They provide information on how to adjust to deployment, support the service member, take care of yourself, and help children adjust. www.realwarriors.net/family

Military and Family Life Counselors (MFLC)

Provide short-term, non-medical counseling support for a range of issues including: relationships, crisis intervention, stress management, grief, occupational and other individual and family issues. Psycho-educational presentations focused on issues common to the military family are provided to commands as requested. MFLCs are on each post and can be reached through the wellness center, or accessible through Army OneSource. Some units even have one embedded in their higher headquarters.

Military HOMEFRONT

Provides quality-of-life information to help troops and their families. <https://operationhomefront.org/>

Military ID Cards

Contain the information the military needs to identify you, dependents, and your Soldier. They are the key to getting benefits such as health insurance, access to bases, commissaries, and childcare. You and any other dependents must be enrolled in DEERS (Defense Enrollment Eligibility Reporting System) by your Soldier in order to get the ID (unless you have a Power of Attorney, in which case you may be able to do so yourself). DEERS can be reached at 800-538-9552. DD Forms 1172 and 1173 will need to be completed. A system known as RAPIDS (Real Time Automated Personnel Identification System) is in charge of issuing military IDs. You can find a RAPIDS location at idco.dmdc.osd.mil/idco/

National Center for PTSD

Provides information on the clinical care and social welfare of America’s Veterans with PTSD. www.ptsd.va.gov

National Military Family Association

Provides education to military families concerning the rights, benefits, and services available to them. www.militaryfamily.org

National Personnel Records Center-Military Personnel Records (NPRC-MPR)

Provides information regarding military personnel and health and medical records stored at the NPRC-MPR. www.archives.gov/veterans/military-service-records

Rear Detachment

The Rear Detachment Commander (RDC) works closely with Family Support Groups (FSGs) and the Family Assistance Center (FAC) to keep families informed and resolve problems encountered by families during deployment.

Strong Bonds

Chaplain-based Strong Bonds getaways provide Soldiers and families with relationship education and skills training in a setting that inspires hope, fosters fellowship, and rekindles intimacy. Events are available for singles, couples, families, and for those pre- and post-deployment. www.strongbonds.org/

Vet Centers

Provide various services to Veterans and their families such as individual and group counseling for Veterans and family counseling for military related concerns, outreach and education, and community events. 877-927-8387 www.vetcenter.va.gov

Wellness Centers

Provide on-base health assessment review, physical fitness, healthy nutrition, stress management, wellness education, and tobacco education. The centers also provide metabolic testing, body composition measurements, and fitness assessments.

Local Community and National Organization Resources

American Psychological Association (APA)

Offers a practice directory for referrals to psychological services. 800-374-2721 / 202-336-5500 / TTY: 800-374-2721 (x6123). locator.apa.org/

American Red Cross

Works closely with all branches of the military to foster the health, welfare, recreation, and morale of military personnel and their families. They can assist with emergency communications, health and welfare inquiries, information, referral, and advocacy, humanitarian and hardship reassignment, discharge review and correction of military records for Veterans, emergency financial assistance, and health and safety courses. Submit a request online at www.redcross.org or call 877-272-7337.

Consumer Protection

Military Sentinel: Provides military members and families an avenue to file complaints and access to the Federal Trade Commission's education and information. www.military.consumer.gov

FTC (Federal Trade Commission): Information on consumer alerts and how to handle and identify threats. www.ftc.gov

<https://www.consumer.ftc.gov/blog/2020/05/military-data-spotlight-identity-theft-and-servicemembers>

During Deployment: Set up an "Active Duty Alert" to minimize risk of identity threat. www.consumer.ftc.gov/articles/0273-active-duty-alerts
www.consumer.ftc.gov/features/feature-0014-identity-theft

National Domestic Violence Hotline

Provides information and confidential advice to those experiencing domestic violence. (24-hours / 7 days a week), 800-799-SAFE (-7233) or TTY: 800-787-3224. NDVH will translate into over 130 languages.

National Association of Social Workers, Inc. (NASW)

Provides referrals to social workers and services. 202-408-8600.

Sesame Street and Sesame Workshop

Military and Veteran family focused programs, such as Talk, Listen, Connect, Military Families Near and Far, and Transitions provide support and practical education to help children through deployments, combat-related injuries, and the death of a loved one. www.sesamestreet.org/toolkits/veterans and www.sesameworkshop.org

State and Local Human Service Agencies

Provide assistance and information. Search online, or look in your local telephone directory. Examples of community resources include:

- Local churches, mosques, synagogues, or places of worship
- Department of Social Services
- Public Health Department
- United Way
- Salvation Army/Goodwill
- Parents Anonymous
- Alcoholics Anonymous
- YMCA/YWCA
- Area Agency on Aging

Substance Abuse & Mental Health Assistance

Provides referrals to local treatment options and information. 877-726-4727 and www.samhsa.gov. Make sure you have a referral from your Army or Tricare provider or Army OneSource to ensure the service is covered.

Women, Infants & Children (WIC)

Provides nutritious food for eligible families. Infants may receive iron-fortified formula, cereal, and juice. Nutritional education and referrals are provided. WIC is free of cost for eligible participants. To determine eligibility and locate the nearest WIC clinic, call 800-345-1942.