

Mission Ready Resources: The Military Family's Toolkit

Crisis Resources:

- **Veterans Crisis Line**
 - Discover More: veteranscrisisline.net
 - Call: 988, then Press 1
 - Text: 838255
- **Emergency Services**
 - Call 911
 - Visit your nearest emergency room

Military Resources:

- **Military OneSource**
 - Discover More: militaryonesource.mil
 - Phone: 800-342-9647
 - Available 24 hours a day, 7 days a week.

Veteran Resources:

- **Department of Veterans Affairs**
 - Discover More: va.gov
 - Phone: 877-222-VETS (8387)
- **National Resource Directory**
 - Discover More: nrd.gov

Medical Resources:

- **Tricare**
 - Discover More: tricare.mil

Financial Resources:

- **Defense Finance and Accounting Service (DFAS)**
 - Discover More: dfas.mil
- **Army Emergency Relief (AER)**
 - Discover More: armyemergencyrelief.org
- **Navy-Marine Corps Relief Society (NMCRS)**
 - Discover More: nmcrs.org
- **Air Force Aid Society (AFAS)**
 - Discover More: afas.org
- **Coast Guard Mutual Assistance (CGMA)**
 - Discover More: cgmahq.org
- **Armed Forces Reserve Family Assistance Fund**
 - Discover More: afrfaf.org

PCS Resources:

- **Defense Personal Property System**
 - Discover More: dps.move.mil
 - Phone: 833-MIL-MOVE (833-645-6683)
- **Plan My Move**
 - Discover More: planmymove.militaryonesource.mil

Counseling Resources:

- **Military and Family Life Counseling (MFLC)**
 - Discover More: www.militaryonesource.mil/benefits/military-family-life-counseling-program
- **Military OneSource**
 - Discover More: militaryonesource.mil
 - Phone: 800-342-9647
 - Available 24 hours a day, 7 days a week.

Education & Career Resources:

- **Military Tuition Assistance (TA)**
 - Discover More: www.dantes.mil/mil-ta
- **SpouseWorks (formerly SECO)**
 - Discover More: spouseworks.militaryonesource.mil/portal
- **SpouseWorks Scholarship (formerly MyCAA)**
 - Discover More: mycaa.militaryonesource.mil/mycaa

Child Care Resources:

- **Child Care Aware® of America**
 - Discover More: childcareaware.org
- **MilitaryChildCare.com**
 - Discover More: militarychildcare.com

Emergency Communication Resources:

- **American Red Cross Emergency Communication**
 - Discover More: redcross.org/get-help/military-families/hero-care-network/emergency-communication.html
 - Phone: 877-272-7337

MY MILITARY
Lifestyle®