

# Deployment Health and Family Readiness Library



## *Service member & Family Assistance*

*For Service members and their Families*

A full range of support services is currently available to support Service members and their families.

These services include self-help materials, information and referral services, military life skills education, and counseling for individuals, couples and families. Services are available online 24/7, and in community settings during scheduled business hours.

### General Resources

- *Military OneSource*, the Department of Defense (DoD) 24-hour Call Center, offers comprehensive support to service members and their families worldwide. All military service members and their families — Active Duty, National Guard, & Reserves — can receive no-cost personal assistance. Tip sheets, audiotapes, relocation booklets, and other materials are customized to meet the needs of Service members and their families.

Within United States: (800) 342-9647  
Overseas/Universal Free Phone: (800) 3429-6477 (must dial all digits) or (484) 530-5908 (Call Collect)  
Spanish Speakers: (877) 888-0727  
Hearing Impaired (TDD): (800) 346-9188  
Website: [www.militaryonesource.com](http://www.militaryonesource.com)

- *Military HOMEFRONT*, [www.militaryhomefront.dod.mil](http://www.militaryhomefront.dod.mil), is DoD's Quality of Life website designed to assist service members and their families as well as commanders and Service providers with a wide range of information on the military way of life.

Resources on the *Deployment Connections* website, [www.deploymentconnections.dod.mil](http://www.deploymentconnections.dod.mil), are being migrated to the *Military HOMEFRONT* website.

- *Commanders Page*, contains information about current policy and programs as well as new legislative initiatives, [www.commanderspage.dod.mil](http://www.commanderspage.dod.mil). This site is produced for flag and general officers, but contains information relevant to all Service members and their families.

- Visit [www.Military.com](http://www.Military.com) and [www.Military.com/benefits](http://www.Military.com/benefits) for general information on pay and benefits, money matters, education, spouse and service member careers, scholarships, employment opportunities, and transition assistance

### Deployment Health Support

DoD websites that contain the most current news, benefits, health, and locator information include:

- DoD Deployment Health Clinical Center -  
Website: [www.pdhealth.mil](http://www.pdhealth.mil)  
Helpline: (800) 796-9699
- Deployment Health & Family Readiness Library:  
<http://DeploymentHealthLibrary.fhp.osd.mil>
- Force Health Protection & Readiness -  
Website: <http://fhp.osd.mil>  
Helpline: (800) 497-6261
- Reserves, National Guard and their families should visit [www.defenselink.mil/ra/](http://www.defenselink.mil/ra/) and [www.guardfamily.org](http://www.guardfamily.org)

### Medical Benefits and Services

- *Tricare*, [www.TRICARE.osd.mil](http://www.TRICARE.osd.mil), provides medical, dental and pharmacy benefits information for Service members and their families.
- *Severely Injured Support*, [www.Military.com/support](http://www.Military.com/support), provides information and assistance to severely injured personnel and their families. Spouses of severely injured personnel can find additional information on [www.milspouse.org](http://www.milspouse.org) and [www.military.com/spouse](http://www.military.com/spouse).
- *Fisher House*, <http://www.fisherhouse.org/>, provides temporary housing for those visiting a severely injured Service or family member during a period of extended medical treatment or recovery. Fisher Houses are available near or on the grounds of major medical facilities. You may also call: (301) 294-8560 or toll-free (888) 294-8560.

Your Suggestions: [http://deploymenthealthlibrary.fhp.osd.mil/product\\_feedback.jsp](http://deploymenthealthlibrary.fhp.osd.mil/product_feedback.jsp)



Visit the Deployment Health and Family Readiness Library: <http://deploymenthealthlibrary.fhp.osd.mil>

A collaborative effort between the Air Force Institute for Operational Health, the Deployment Health Clinical Center, Force Health Protection and Readiness, the Navy Environmental Health Center, the U.S. Army Center for Health Promotion and Preventive Medicine, and the OUSD(P&R)/Military Family and Community Policy

## Family Services and Support

- *Family Support* information for each Military Service is available at the following websites:
  - Army Community Services: <http://www.myarmylifetoo.com/>
  - Navy Fleet and Family Support: [www.ffsp.navy.mil/](http://www.ffsp.navy.mil/) and [www.lifelines.navy.mil/](http://www.lifelines.navy.mil/)
  - Marine Corps Community Services: [www.usmc-mccs.org/](http://www.usmc-mccs.org/)
  - Air Force Family Support: [www.afcrossroads.com](http://www.afcrossroads.com)
  - National Guard Bureau State Family Programs: [www.guardfamily.org](http://www.guardfamily.org) and [www.guardfamilyyouth.org](http://www.guardfamilyyouth.org)
- *American Red Cross*, <http://www.redcross.org/where/where.html>, assist families needing to contact service members overseas in the even of an emergency.
- *Military Personnel Locators* can be found at: [www.firstgov.gov/Topics/Locators.shtml](http://www.firstgov.gov/Topics/Locators.shtml).
- *DoD SITES*, contains Military Base Information for more than 350 duty locations, including points of contact for local military and civilian support service providers for all Military Services. This information is especially helpful during times of relocation and transition. Visit: [www.dmdc.osd.mil/sites](http://www.dmdc.osd.mil/sites), [www.militaryinstallations.dod.mil](http://www.militaryinstallations.dod.mil), & [www.dodtransportal.dod.mil](http://www.dodtransportal.dod.mil)
- *Military Spouses, Families, and Children* specific websites include:
  - Spouse Employment, Educational Opportunities and general information: [www.milspouse.org](http://www.milspouse.org) and [www.military.com/spouse](http://www.military.com/spouse)
  - Military Children in Transition and Deployment: [www.militarystudent.org](http://www.militarystudent.org)
  - DoD Children and Youth: [www.mfrc-dodgol.org/MCY/](http://www.mfrc-dodgol.org/MCY/)
  - National Military Family Association - Features family support news, surveys, camps for kids, discounts, hotlinks, fact sheets, and the latest family support legislation. Visit: [www.nmfa.org](http://www.nmfa.org)
  - National Guard Family Team Building: [www.gftb.org](http://www.gftb.org)

## Financial Assistance

- *Military Service Relief Societies* provide budget counseling, emergency financial aid, scholarships, and other support services.
  - Air Force Aid Society: [www.afas.org](http://www.afas.org)
  - Army Emergency Relief: [www.aerhq.org](http://www.aerhq.org)
  - Navy-Marine Corps Relief Society: [www.nmcrcs.org](http://www.nmcrcs.org)
  - National Guard OnLine Community: [www.guardfamily.org](http://www.guardfamily.org)
- *DFAS MyPay*, sponsored by the Defense Finance and Accounting Service, can help with pay and benefits problems. Customer Service: (888) 332-7411. Website: <https://mypay.dfas.mil/mypay.aspx>

## Other Important Information

- *Armed Services YMCA*, [www.asymca.org](http://www.asymca.org), and *USO*, [www.uso.org/](http://www.uso.org/), provide information about mailing materials to deployed service members, childcare at military medical facilities, and morale boosting activities.
- Learn what your State Government Officials are doing to support military personnel and their families: [www.USA4MilitaryFamilies.org](http://www.USA4MilitaryFamilies.org).
- *DefenseLINK*, provides excellent resources that support deploying personnel and their families, including a comprehensive list of DoD websites: [www.DefenseLINK.mil](http://www.DefenseLINK.mil).
- *Deployment News* is found at: [www.defendamerica.mil/profiles.html](http://www.defendamerica.mil/profiles.html)
- *America Supports You*, describes local groups around the country are doing to take care of military personnel and their families both online and in their communities. Visit: [www.americasupportsyou.mil](http://www.americasupportsyou.mil)

## Where Do I Get More Information?

DoD Force Health Protection & Readiness (FHP & R)  
Phone: (800) 497-6261  
<http://fhp.osd.mil>

DoD Deployment Health Clinical Center (DHCC)  
Phone: (866) 559-1627  
<http://www.pdhealth.mil/>

U.S. Army Center for Health Promotion and Preventive Medicine (USACHPPM)  
Phone: (800) 222-9698  
<http://chppm-www.apgea.army.mil>

Navy Environmental Health Center (NEHC)  
Phone: (757) 953-0700  
<http://www.nehc.med.navy.mil>

Air Force Institute for Operational Health (AFIOH)  
Phone: (888) 232-3764  
<http://www.brooks.af.mil/afioh/>

Military Community and Family Policy (MC&FP)  
Phone: (800) 342-9647  
<http://www.militaryonesource.com>



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