

## Military OneSource

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Military OneSource is an extension of existing family readiness services. It can be accessed via the telephone, online, or even face to face for some issues. OneSource services are provided by Masters level consultants so you know you'll be getting the best service possible. Just like the great services available on installation or through family readiness, OneSource is provided at no cost to Servicemembers and their families.

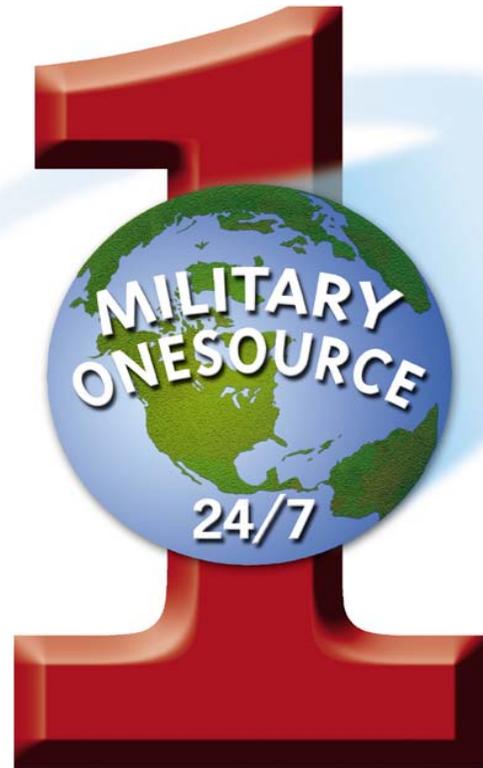
Eligibility for OneSource includes all Servicemembers and their families. Other participants may be a parent or sibling with a power of attorney for financial matters or with child care responsibilities while the Servicemember is deployed.

Assistance is available to those who wish to remain anonymous and the service is confidential within certain limits. OneSource provides each user with a confidentiality statement defining the limits of confidentiality. The chain of command is not notified except in cases involving a threat of harm to oneself or another or in cases of family violence.

When you call OneSource, a Master's level consultant will answer the phone. Your consultant will begin to assess your needs and develop an action plan to help you achieve your goals. In addition, OneSource has award-winning educational materials that are available in a wide array of multi-media formats such as – cds, audio tapes, booklets, and Life Articles (2 to 3 page easy to read short articles). Many materials are also available in Spanish. Educational materials may be mailed to you after a consultation or you can order them online or over the phone. OneSource also offers face to face counseling when you need an added level of support. These sessions are accessed by calling in to the service and first speaking with someone over the phone. Your telephone consultant will assess your situation and help you determine the kind of assistance that will be most beneficial. You can access up to six face to face sessions and they are available at no cost to you.

# **Call Now. We're available 24/7. 1-800-342-9647**

Child care  
Spousal employment  
Car repair  
Plumbing  
Money management  
Counseling  
Relocation  
You name it...  
We can help.



**[www.militaryonesource.com](http://www.militaryonesource.com)**

User ID: military Password: onesource

Military OneSource is the newest member of your military community support team. Provided by the Department of Defense at no cost to Service members and their families.

Big or small, night or day, call us.

We're here to help. 24/7.