



Military OneSource helps wounded warriors and their families find and secure a range of helpful services. You can call 24/7/365 no matter when you served - our support lasts a lifetime.

## Start Here to Get the Help You Need

Our consultants can connect you to a single point of contact at your branch and to resources from the Department of Veterans Affairs. We can also follow up with either organization on your behalf regarding needs, questions or outstanding requests so you can navigate your health care with confidence.

## Take Control of Change

Illness and injury can mean making adjustments. We'll help you manage change by connecting you to:

- A financial counselor to help you update your budget and plan for the future
- Lists of vetted child care providers who can fill the gaps in changing schedules

- Confidential non-medical counseling to ease individual, family or marital adjustments to life changes
- Programs that offer financial assistance for accessibility renovations and mobility aids
- Information about home-based health care assistance, service animals and more

## **Support for Caregivers**

For military caregivers, each day can bring new questions and challenges. We can connect you to answers and:

- Organizations that provide respite care
- Military Caregiver PEER Forums where you can share knowledge, resources and strength
- Free health and wellness coaching to help you stay strong
- Confidential non-medical counseling to raise your resilience

Connect with us today - Military OneSource consultants are standing by to serve wounded warriors and their families.

www.MilitaryOneSource.mil | 800-342-9647









