



everybody

every day

**Military**  

---

**One Source**

# What is Military OneSource?

- Confidential help to manage the competing demands of work, home and life in general
- 24 hour assistance, every day
- Information available online, by phone and in person

[www.militaryonesource.com](http://www.militaryonesource.com) (disabilities accessible)

CONUS phone: 877-510-0320

OCOUNUS phone:800-237-42374

Collect from outside US: 484-530-5888

TTY/TDD: 800-346-9188

En Español:888-732-9020

**Military**  

---

**One Source**

# A commitment to always being there

- **One place** to turn for all family, life, money, and work issues and problems
- **A real person** to talk to
- **Easy-to-use** online service with articles, self-assessments, newsletters, locators, and much more
- **Referrals** to local services and national resources
- **Booklets and audio** recordings



*family money work*

everybody be  
transformed

- health and well-being
- personal issues and transitions
- everyday issues

**Military**  

---

**One Source**

# be transformed...

stress and overload  
exercise and fitness  
diet and nutrition  
prenatal health  
living with an illness or a disability  
eating disorders  
depression and anxiety  
substance abuse  
compulsive shopping  
addiction and recovery

*Health and  
well-being*

**Military**  

---

**One Source**

# be transformed...

relationships  
caring for an adult relative  
continuing your education  
marriage counseling  
divorce and separation  
grief and loss  
“empty nest” syndrome  
midlife  
retirement planning

*Personal  
issues and  
transitions*

# be transformed...

time management  
consumer resources  
pet care  
home improvements and repairs  
lawn care and housecleaning  
buying or selling a home  
real estate agents and apartment listings

*Everyday  
Issues*

**Military**  

---

**One Source**



*life family money work*

be alive every day

- Parenting
- Education
- Older relatives

**Military**  

---

**One Source**

# be alive...

becoming a parent  
feeding and nutrition  
sleep and bedtime routines  
adoption  
child care  
discipline and responsibility  
peer pressure  
safety  
summer and backup care  
single parenting  
stepfamilies  
teenagers

*Parenting*

# be alive...

homework and grades  
special needs  
tests  
motivation  
kids and sports  
school safety  
summer activities  
TV and the Internet  
college planning  
alternatives to college  
career planning  
vocational school  
financial aid  
lifelong learning

*Education*

**Military**  

---

**One Source**

# be alive...

living safely  
driving issues  
elder fraud  
caring for older relatives  
caregiver resources  
senior health  
Alzheimer's and other forms of dementia  
assisted living arrangements  
nursing homes  
paying for care  
Medicare and Medicaid  
caregiver stress

*Older relatives*

**Military**  

---

**One Source**



*life family money work*

**be independent  
every day**

- Budget and financial issues
- Legal issues

**Military**  

---

**One Source**

# be independent...

- budgeting
- getting out of debt
- credit and collections
- buying, selling, or renting a home
- buying or leasing a car
- saving and investing
- financial pressures
- basic tax planning
- retirement planning

*Budget and  
financial  
issues*

# be independent...

consumer problems  
family and elder law  
landlord/tenant law  
choosing an attorney  
estate planning and wills  
living wills  
bankruptcy

*Legal Issues*

**Military**  

---

**One Source**



*family money work*

**be inspired every day**

- Take charge of your career
- Balance it all

**Military**  

---

**One Source**

# be inspired...

co-worker relationships  
team building  
education and training  
productivity  
career development  
communication  
managing people  
workplace change

*Take charge  
of your career*

**Military**  

---

**One Source**

# be inspired...

job stress and burnout  
overtime  
family or personal leave  
relocation  
business travel  
shift work  
flexible schedules  
telecommuting

*Balance it all*

**Military**  

---

**One Source**

# Easy to use by phone

- Access through a toll-free number

**CONUS phone: 877-510-0320**

**OCOUNUS phone: 800-237-42374**

**Collect from outside US: 484-530-5888**

**TTY/TDD: 800-346-9188**

**En Español: 888-732-9020**

- 24 hours a day, 365 days a year
- Call as often as you like, whenever you like
- It's free and confidential

# Easy to use online

- **View, print, or order** free articles, publications, and audio recordings
- **Locate** child and elder care resources, summer camps, K-12 schools, colleges, health & wellness programs, etc.
- **Self-assessments tools** on topics like stress, debt, coping with change, alcohol usage, and depression
- **Interactive tools** on budgeting, investing, home buying, refinancing, and saving for retirement

# MIMIC Award Winner!



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

**Military**  
**One Source**

# Military OneSource -- everybody every day

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

User ID: southern

Password: command

CONUS phone: 877-510-0320

OCOUNUS phone: 800-237-42374

Collect from outside US: 484-530-5888

TTY/TDD: 800-346-9188

En Español: 888-732-9020

**Military**  

---

**One Source**



everybody

every day

**Military**  

---

**One Source**