

Be Deployment Ready.

The Defense Department and Military OneSource are here to support you through all phases of deployment.

Whether it's your first tour of duty or your fourth, deployments impact every aspect of daily life. Military OneSource and your installation Military and Family Support Center are here to help you from predeployment on through reunion and reintegration. Explore now: <https://www.militaryonesource.mil/deployment/on-deployment/military-deployment-support/>.

Master Your Deployment Plan

The Preparing for Deployment overview page and Plan My Deployment online tool offer information and resources for every phase of the deployment cycle – for military spouses, single and married service members, and service members with families.

Customizable checklists help you organize every aspect of your MilLife, including:

- Must-have documents, including wills, vehicle registrations and titles, and health insurance
- Tips for staying connected during deployment
- Financial and emergency planning
- Self-care and support for the journey, wellness apps such as Chill Drills, support groups and counseling through Military and Family Support Centers and Military and Family Life Counseling
- Anticipation and planning for all stages of reunion and reintegration

Start preparing now at: <https://planmydeployment.militaryonesource.mil/>.

Tackle Deployment With Confidence

Navigating day-to-day life, relationships and the needs of your family is complex during deployment. Military OneSource offers a vast range of tools, resources and personalized support services, including child care information, health and wellness coaching, the Spouse Educations and Career Opportunities program, relationship support and more.

Prepare for Reunion & Reintegration

Reuniting with your loved ones after a deployment is both exciting and full of adjustments. Get tips to ease the transition for the entire family, establish reunion traditions and explore ways to share the load and reconnect through daily routines.

Free, Confidential Non-medical Counseling

Call **800-342-9647**, anytime from anywhere, to set up personalized, discreet, confidential non-medical counseling. Your coaching session can then be conducted by phone, secure online chat or video to receive help with stress, health and wellness, relationships, parenting, grief, separation, financial planning and more. Face-to-face sessions are also available through the Military and Family Life Counseling Program at installations worldwide.

Visit your installation Military and Family Support Center to find in-person support close to home:

<https://installations.militaryonesource.mil/search?program-service=26/view-by=ALL>.

