

# BENEFITS AND RESOURCES

[← Back to Home](#)

---

At Military OneSource, we have one mission — to connect you to your best MilLife. We're here to help, with information and resources vetted by the Department of Defense. Military OneSource connects you to programs, services and products developed to help you navigate military life. This page provides links to the benefits and resources found throughout the Military OneSource website.

Need assistance? Call Military OneSource - 800-342-9647 - 24 hours a day, seven days a week, 365 days a year, from anywhere in the world. OCONUS/International? [Click here for calling options.](#)

## Confidential Help

Confidential non-medical counseling provides service members and their loved ones with resources and support to address a variety of issues, reduce stress, improve emotional well-being and build important skills to tackle life's challenges.

[Non-Medical Counseling - Resources](#)

## Military Life Cycle

Confidently navigate life in the military – from basic training to separation and transition and all the steps in between.

[New to the Military - Benefits](#)

[New to the Military - Resources](#)

[Deployment - Benefits](#)

[Deployment - Resources](#)

[Separation & Transition - Benefits](#)

[Separation & Transition - Resources](#)

[Veterans - Benefits](#)

[Veterans - Resources](#)

## **Family & Relationships**

Military life is unlike civilian life. There are milestones and constant changes that have to be navigated as a family. To support and bolster your family, lean on your military community – including Military OneSource – to find answers and guidance from those who have been there, done that.

[Spouse - Benefits](#)

[Spouse - Resources](#)

[Parenting & Children - Benefits](#)

[Parenting & Children - Resources](#)

[Special Needs - Benefits](#)

[Special Needs - Resources](#)

[Relationships - Benefits](#)

[Relationships - Resources](#)

[Family Life - Benefits](#)

[Family Life - Resources](#)

[Survivor & Casualty Assistance - Benefits](#)

[Survivor & Casualty Assistance - Resources](#)

## **Moving & Housing**

Moving is part of the adventure that comes with military life and service to the country. Military OneSource provides you with information, online tools and personalized support to help you master your move and find the best housing available, so you can begin making a new home and set off on your next adventure.

[Moving - Benefits](#)

[Moving - Resources](#)

[OCONUS Moves- Benefits](#)

[OCONUS Moves - Resources](#)

[Housing - Benefits](#)

[Housing - Resources](#)

## **Financial & Legal**

Managing money and legal affairs are part of mission readiness. Military OneSource provides strategies on consolidating and paying down debt, saving for retirement or college, and creating a financial plan that will lead to financial security. Link to installation legal services that protect you and your family from mishaps; and find out how Military OneSource MilTax free tax services can make quick work out of tax preparation and filing. Set financial goals for your future by tapping into the information and resources available through Military OneSource.

[Personal Finance - Benefits](#)

[Personal Finance - Resources](#)

[Legal - Benefits](#)

[Legal - Resources](#)

[Tax Services - Benefits](#)

[Tax Services - Resources](#)

## **Education & Employment**

Whether you are a service member thinking about a college degree, a military spouse wanting to connect with a network of military-friendly employers or a parent hoping for a smooth school transition for your child, Military OneSource offers practical information and resources for pursuing education goals and achieving career aspirations. Take the next steps to make your education and career ambitions come true.

[For Service Members - Benefits](#)

[For Service Members - Resources](#)

[For Children and Youth - Benefits](#)

[For Children and Youth - Resources](#)

[For Spouses - Benefits](#)

[For Spouses - Resources](#)

## **Health & Wellness**

Good health is critical to military and family readiness, allowing service members to perform their responsibilities at work and at home to the best of their abilities. While Military OneSource does not provide direct health care services, it provides resources that can help you maintain good health and overall wellness.

[Health Care - Benefits](#)

[Health Care - Resources](#)

[Healthy Living - Benefits](#)

[Healthy Living - Resources](#)

[Mental Health - Benefits](#)

[Mental Health - Resources](#)

[Wounded Warriors - Benefits](#)

[Wounded Warriors - Resources](#)

[Caregivers - Benefits](#)

[Caregivers - Resources](#)

## **Recreation, Travel & Shopping**

Part of being mission and family ready also includes taking some down time, relaxing, having fun and exploring the world around you. Consider Military OneSource your connection to leisure and adventure activities on and off the installation, pointing you to destinations and providing information about discounts on travel and fun, from air and car travel to sporting events, day trips, movie tickets and more.

[Recreation - Benefits](#)

[Recreation - Resources](#)

[Travel - Benefits](#)

[Travel - Resources](#)

[Commissary & Exchange - Benefits](#)

[Commissary & Exchange - Resources](#)