

Military OneSource

Military OneSource wants to continue helping you stay safe and stay healthy. As the days go by we know more questions appear and stress levels can be increasing. Take a moment to look at these resources and tips on how to manage stress, not only for yourself but for children and teenagers as well. Feel free to share this information with service members and their families.

Staying safe while staying healthy- To reduce the threat of COVID-19, we have all been asked to modify our habits and activities. If self-quarantine and social distancing have made you or your children feel anxious, stressed, or even depressed, know that you are not alone. There are practices you can take to reduce your stress, increase your safety, and still allow your connections with friends, loved ones, and your community to thrive.

Non-Medical counseling for youth- Children and teenagers who feel isolated from friends and activities may experience a particularly hard time. To help your child cope with changes due to the COVID-19 pandemic, beginning March 24, 2020, Military OneSource will offer video non-medical counseling sessions for children and teenagers.

Relieve COVID-19 Cabin Fever with the MWR Digital Library- Free to service members and their families, the Digital Library offers an incredible array of resources to keep adults, teens and children busy and engaged. And if your kids are off from school, there are plenty of learning resources to help them keep up.

COVID-19 Financial Support and Relief- The coronavirus outbreak may affect many aspects of your military life, including financial readiness. If you and your family are experiencing challenges, the Department of Defense offers a number of services to help you take control and minimize financial distress.

If you have any questions or would like more information please feel free to call or send me an email.

Evelyn Navarro

Evelyn.navarro@militaryonesource.com

787-4307587