



# Tools for Your Best MilLife

**Need financial or tax guidance? Want to talk about managing stress or family issues? What about a health and wellness coach?**

Military OneSource is your 24/7 connection to information, answers and support for your best MilLife. Contact us anytime to arrange free Military OneSource services including: confidential counseling, specialty consultations, financial and language services.

## **Access Confidential Non-medical Counseling**

Just need to talk? Get non-medical counseling from experts trained in military life.

- Private, not reported to command
- Up to 12 sessions per issue
- Counseling from licensed mental health clinicians
- Phone, in-person, video conference or online chat

## **Schedule Specialty Consultations**

- Health and Wellness Coaching
- Spouse Relocation and Transition
- Wounded Warrior Assistance
- Peer-to-Peer Support
- Special Needs
- Adoption
- Adult Disability
- Elder Care
- Education

## **Take Command of Your Taxes with MilTax**

- Easy-to-use, tax preparation and e-filing software
- Prepare and file federal and up to three state returns for free
- Trained tax consultants to help by phone

## **Master Your Money with a Financial Counselor**

- Talk to accredited counselors by phone, video or in-person
- Manage and eliminate debt
- Budgeting, retirement, tuition planning

## **Bridge Barriers with Language Services**

- Language interpretation services
- Document translation
- 150 languages

Military OneSource is a Department of Defense-funded program for service members and military families.

**For resources, tools and more information, contact:**  
[www.MilitaryOneSource.mil](http://www.MilitaryOneSource.mil) | 800-342-9647

