

SPOUSE AND CAREGIVER RESOURCES



Department of Defense Resources:

Military Crisis Line - Connects military service members and their families that are experiencing a crisis with health care professionals. **1 (800) 273 - 8255**

USAF Chaplain Services - Contact the chapel team at the base chapel and get connected with the 24/7 duty chaplain for spiritual assistance.

Airman and Family Readiness Center (A&FRC) - Program focused on taking care of Airman and their families through providing resources that enhance morale and quality of life. (Locally Resourced)

Air Force Personnel Key Spouse Program - Designed to enhance readiness, personal/family resiliency and establish a sense of Air Force community. Key Spouses are commander-appointed and serve as a vital resource to command teams in an effort to support Air Force families.

<https://www.afpc.af.mil/Benefits-and-Entitlements/Key-Spouse-Program/>

Warrior Care

DoD Warrior Care PEER Forums - Monthly forum hosted by the DOD, on or near a military installation to help connect caregivers to one another to provide support and understanding. Forums are also available online or through a mobile device.

<http://warriorcare.dodlive.mil/peer-2-peer-forums/>

Caregiver Resource Directory - Provides resources to make it easier for caregivers to scan and locate the information they need. Information is available on home-based health care assistance, home and automobile modifications, financial support, legal assistance, peer support, education and training, and pet and service animal assistance.

http://warriorcare.dodlive.mil/files/2018/04/Caregiver-Directory-2018-Edition_Cover.pdf

TRICARE Respite Care - Provides temporary short-term rest for primary caregivers of Active Duty, Guard, and Reserve service members. Through this benefit, primary caregivers may receive eight hours of respite care, five days per calendar week.

<https://tricare.mil/respite>

Military OneSource

Non-medical Counseling - Offers professional assistance in navigating the difficulties of caregiving without neglecting your own needs. Confidential non-medical counseling provides service members and their loved ones with resources and support to address a variety of issues and build important skills to tackle life's challenges. Get counseling services face-to-face, by telephone, video, or online, using real-time chat. **1 (800) 342 - 9647**

Specialty Consultations - Provides 24/7 access to trained, master's-level consultants who can assess family concerns and answer questions about special needs, elder care, adults with special needs care, wounded warriors, and more. **1 (800) 342 - 9647**

<https://www.militaryonesource.mil/confidential-help/non-medical-counseling>

Financial Counseling - Provides caregivers an opportunity to talk to a trained professional who is familiar with the issues that affect service members and give you referrals to services and programs that meet your specific needs. All active-duty service members, National Guard, Reserve members and their families, and survivors are eligible to receive this free service.

<https://www.militaryonesource.mil/confidential-help/interactive-tools-services/financial-counseling/financial-counseling-services-for-a-secure-future>

Health and Wellness Coaching - Offers complimentary consultations with a Military OneSource health and wellness coaches that can assist in developing a plan to reach desired health and fitness goals, keep on course, and celebrate achievements.

<https://www.militaryonesource.mil/confidential-help/specialty-consultations/health-wellness-coaching>

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Department of Veterans Affairs Resources:

Caregiver Support Line - Provides caregivers with licensed professionals who can connect them with VA services, a Caregiver Support Coordinator, or simply be there to listen. Help is only a phone call away. **1 (855) 260 - 3274**

Caregiver Support Coordinator - Matches caregivers with services that provide valuable information about additional resources that can help caregivers stay smart, strong, and organized while taking care of their Airmen.

https://www.caregiver.va.gov/help_landing.asp

VA Coaching into Care - Provides confidential coaching services to help caregivers discover new ways to talk with a Veteran in their life about their concerns and treatment options.

<https://www.mirecc.va.gov/coaching/>

PTSD Coach App - Includes information on PTSD, treatments, tools for screening and tracking symptoms, skills to help users, and direct links to support and help.

www.ptsd.va.gov/public/pages/PTSDCoach.asp

National Center for PTSD - VA's center of excellence for research and education on the prevention, understanding, and treatment of PTSD. **1 (802) 296 - 6300**

www.ptsd.va.gov

Community Provider Toolkit - Information on VA services and resources, understanding military culture and experience, and tools for working with a variety of mental health conditions.

www.mentalhealth.va.gov/communityproviders/

Make the Connection – A national, public awareness campaign by the Department of Veterans Affairs that features candid, personal testimonials from Veterans and their loved ones and provides access to local resources.

www.maketheconnection.net