

RESOURCES FOR MILITARY FAMILIES DURING COVID-19

Tips for Families, Coronavirus

Resources for families including age-appropriate responses to common questions, a guide to self-care, and activities for young children experiencing social distancing.

<https://www.zerotothree.org/resources/3210-tips-for-families-coronavirus>

Draw Strength from Family Routines during COVID-19 Pandemic

Reliable routines can be important tools to help children learn to manage day-to-day life. But in uncertain times like the current coronavirus disease 2019 pandemic, having reliable routines is even more important to help both children and adults handle daily challenges and continue to thrive. Here are tips to consider as you navigate your military family's routine.

<https://www.militaryonesource.mil/family-relationships/family-life/keeping-your-family-strong/family-routines-during-the-covid-19-pandemic>

Coronavirus Support Update – Military OneSource Resources

Beginning March 24, 2020, Military OneSource will offer non-medical counseling video sessions for children and youth. If your child or teenager is feeling overwhelmed by the COVID-19 outbreak, free non-medical counseling can help.

Military OneSource will be live on Facebook Monday through Friday at noon Eastern Time. We will highlight resources available for our military families during this difficult time. If you can't join at noon, the videos will be available for on-demand viewing.

While Military OneSource is continuing to offer non-medical counseling by telephone and online via secure video, in-person counseling in your area may be affected or unavailable depending on your state and local policies. Check with your local provider to confirm.

<https://www.militaryonesource.mil/family-relationships/family-life/preparing-your-family-for-emergencies/coronavirus-updates>

Non-Medical Counseling for Youth Now Available: Children and Youth Services

Children and youth ages 6-17 of active-duty, National Guard or reserve service members, and recently retired or separated service members are eligible for confidential video non-medical counseling through Military OneSource.

A parent must attend each video session for children age 12 and younger, but only be available at the start of each video session for youth ages 13 to 17 to give parental consent.

Conversations in these sessions stay between your child and the counselor. The only exceptions are cases of domestic violence, abuse, and suicidal or homicidal threats. If your child is in immediate crisis, call the Military Crisis Line at 800-273-8255, and press 1, chat online, or send a text message to 838255.

Arranging non-medical counseling for your child: Call Military OneSource at 800-342-9647 to learn whether non-medical counseling is right for your child. If a consultant determines the service is appropriate, you will be authorized for up to 12 counseling sessions and connected with a non-medical counselor who best suits your child's needs.

Our understanding of COVID-19 is changing rapidly. Stay up to date by checking Military OneSource's Coronavirus Information for Our Military Community.

<https://www.militaryonesource.mil/confidential-help/non-medical-counseling/military-onesource/non-medical-counseling-for-youth-now-available-by-video>

Morale, Welfare and Recreation Digital Library

Military OneSource provides free, online resources to service members and their families via the Morale, Welfare and Recreation Digital Library. You'll find eBooks and audiobooks on virtually every topic, as well as databases and reference books that can help you learn a new skill, keep kids engaged and serve as a homework source, or prepare you to land your next job. For children, teens and adults.

<https://www.militaryonesource.mil/recreation-travel-shopping/recreation/libraries/morale-welfare-and-recreation-digital-library>