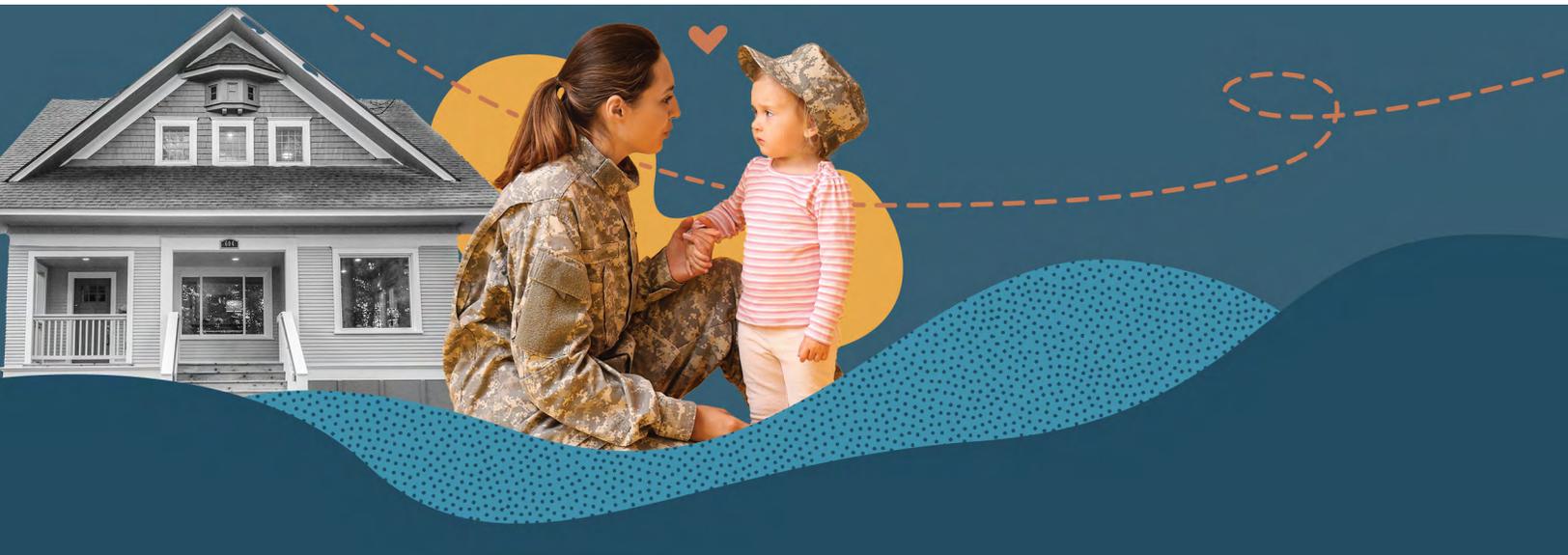


Emotional and Mental Health Support for Military Members and their Families

We are Here to Help.

Mental health and well-being resources to help you stay balanced during an emotionally challenging time.



Being a member of the United States military requires extraordinary strength, courage, and dedication. Supporting their families is equally important, yet often comes with its challenges that can affect mental health. Uprise Health has created a toolkit to provide tips and resources for active-duty members, veterans, and those close to them so they are able to continue growing stronger each day together!

How to Talk to Your Children About Deployment

Military deployment is a tough time for everyone involved. It's a difficult and emotional experience, especially for dependent children of active-duty military members. Children of all ages may have a hard time processing their emotions and may be confused about what is happening during a deployment. As a parent or guardian, it's important to talk to your children about the upcoming deployment or the ongoing experience to help ease the tension and confusion.

Let's discuss some of the best ways to talk to children about military deployment. Below are some tips and advice for children of all ages, from young children aged 2-6, to elementary-age children aged 7-10, and even for teenagers. Our goal is to help you create a safe, secure, and supportive environment for your child during this trying time.

Young Children (Ages 2-6)

Keep it simple: Young children have a limited understanding of the world around them, so keeping it simple is the best way to ensure they understand what is happening without overwhelming them with too much information.

Use age-appropriate language: Use language that your child can understand. Avoid using military jargon and military terms that they may not be familiar with.

Talk about emotions: Help your child recognize their emotions, and discuss how they are feeling about the situation. Encourage them to ask questions and express their feelings.



Elementary-Age Children (Ages 7-10)

Provide context: Provide context about the deployment so your child understands why their parent is leaving, where they will be going, and how long they will be gone.

Keep connected: Make an effort to keep your child connected to their deployed parent. Try sending letters, emails, or care packages, and celebrate holidays and special occasions, even if their parent can't be there.

Talk about the future: Talk about plans for the future when their parent returns home and reassure your child that their parent will be back with them soon.



Teenagers

Involve them in the process: Involve your teenager in the planning process for the deployment, such as helping their parents prepare for their departure.

Provide emotional support: Let your teenager know they can talk to you about their feelings and offer support when they need it.

Discuss trends: Discuss common themes related to deployment that other military families experience to provide context and show that it is a common occurrence.

Talking to your children about military deployment can be challenging, but it's important to help your child understand what is happening and provide them with support during this difficult time. Whether your child is young or a teenager, there are ways to make them feel secure and prepared for the situation. Remember to keep communication open, offer plenty of support, and focus on the positive aspects of the experience. With these tips, you'll be able to help your child through this challenging time and come out on the other side even stronger than before.

Permanent Change of Station (PCS) and Your Family

Tips for Surviving Your Move and Settling in Fast

Are you in the military and considering a permanent change of station (PCS)? It can be overwhelming to think about, from packing everything up, to getting all your paperwork in order and figuring out what to do with your current home. But don't worry – it doesn't have to be difficult!

We understand how big of a task a PCS move is for our service members and their families. As a military member, a Permanent Change of Station (PCS) is a significant event that can mark the start of a new chapter in your life.

A PCS is a relocation that takes you from one military installation to another, either domestically or internationally. It's a monumental event that requires a lot of planning and preparation, but it's nothing you must face alone. The good news is that the military is here to support you and your family every step of the way.

PCS orders are generated every two to four years, or based on the needs of the military, but regardless of when it happens, there are plenty of resources online to help you plan and implement your move and your transition to your new duty station is as smooth and stress-free as possible. Some of these include:

- [Plan My Move – Customized checklists](#)
- [Personal Property Resources library](#)

These Steps Can Help the Shift Become Easier

- Research your new duty station and its community before you arrive to make the transition easier
- Get organized by making a checklist of big and small items that need to be taken care of before you leave
- Create a budget for yourself and family members to ensure that everyone's needs are met
- Sign up for online resources like military housing websites to get an idea of the local housing market
- Reach out to other military families in the area or on social media outlets for support as you transition
- Utilize available resources from the military's Family Readiness Program such as relocation assistance, emotional wellbeing services, and financial advice

PCSing is a process that comes with a variety of challenges and stressors. Navigating these challenges can be a formidable task for families, but with the right resources, it doesn't have to be. From enlisting the help of friends and family members to seeking out organizations dedicated to making military moves more functional, there are endless opportunities available to ease the transition of the relocation process.

Ultimately, the most important thing is to make sure you have enough support through all stages of your move. Take time for yourself to manage stress and reach out for help if you need it- being honest about what's going on in your life can help combat any stressful situations. Above all else, remember that relocating does not have to mean starting over again! Keep your head held high, keep moving forward—and enjoy this new chapter in your story!



Supporting our Veterans: *Practical Ways to Help Them Succeed in Civilian Life*

Our active-duty military bravely serves and protects our country, but their challenges don't end when they return home. The transition from military to civilian life can be difficult, especially because veterans carry the physical and emotional scars of their service. This often leads to struggling to find a good career path and adjusting to new surroundings. But how can we support our heroes during this critical period and ensure they succeed in their civilian lives? Here are some practical ways in which the public can help veterans start or restart a career and deal with PTSD, depression, anxiety, and other mental health issues.

Support Their Career Paths

Finding a civilian job can be a challenging and daunting process for anyone, but it can be especially difficult for veterans. Service members have received extensive training in specific fields, but they may struggle to translate those skills to a civilian workplace. Here are some ways to help veterans jumpstart their civilian career paths:

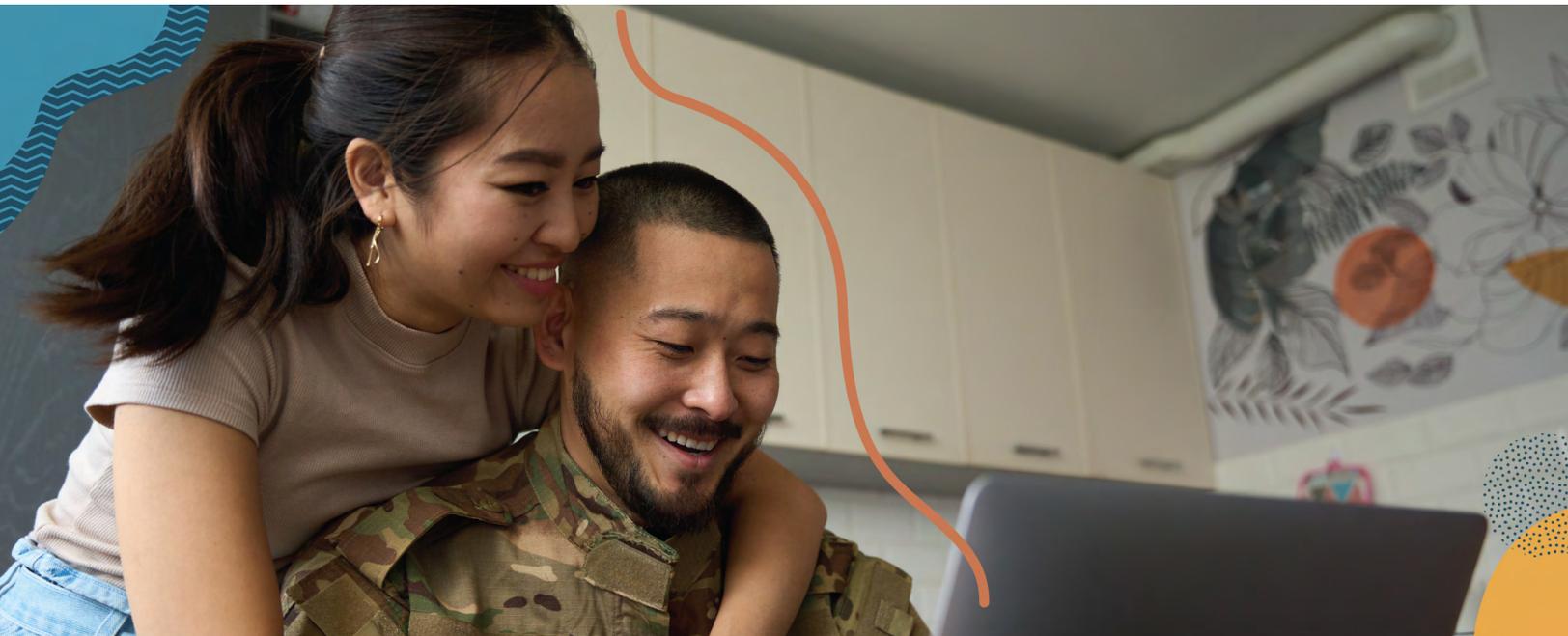
Provide job leads: Help connect veterans with open positions, job fairs, or job opportunities in your social networks.

Offer mentorship: Share your knowledge and industry experience with a veteran who is looking to start their career.

Provide job training: Contribute to stackable credentials which provide service members with the relevant credentials to work in certain fields.

This helps break down some of the barriers they face in starting a civilian career.





Support Their Mental Health

The trauma of war and service can have lasting effects on a veteran's mental health. The following are ways we can support and promote healthy mental health:

Encourage seeking care: Encourage veterans to seek help from qualified professionals.

Provide resources: Educate veterans on both for-profit and non-profit organizations that are specifically designed to assist veterans with their mental health.

Educate the public: Increase public awareness of the mental health issues that veterans face, eradicating the stigma associated with it.

Support Their Reintegration into Civilian Life

Many veterans find it challenging to reintegrate into their communities because of the differences they face compared to military life. Here are some ways we can help veterans adjust:

Inclusive communities: Encourage veterans to join clubs or organizations in their community to have a sense of belonging.

Social support: Connect them with loved ones, family, and friends, who are invaluable in helping them feel represented, motivated, and loved.

Attend programs: Encourage our veterans to attend social programs which help them reconnect in their community.

Honoring and supporting our veterans takes more than just the yellow "Support Our Troops" ribbons. Instead, it takes an investment in our time and resources to ease the re-adjustment period. By being proactive about supporting our veterans and understanding that more work is needed to support veterans, we can ensure that these heroes successfully integrate into civilian life without obstacles. Through mentorship, job training, resources, mental health awareness, and societal support, we can make a stark difference for our veterans, one individual at a time.



Support Resources

[The Wounded Warrior Project](#) is a nonprofit organization that provides support to injured service members and their families. The organization offers a variety of programs and services, including mental health support, financial assistance, and career counseling.

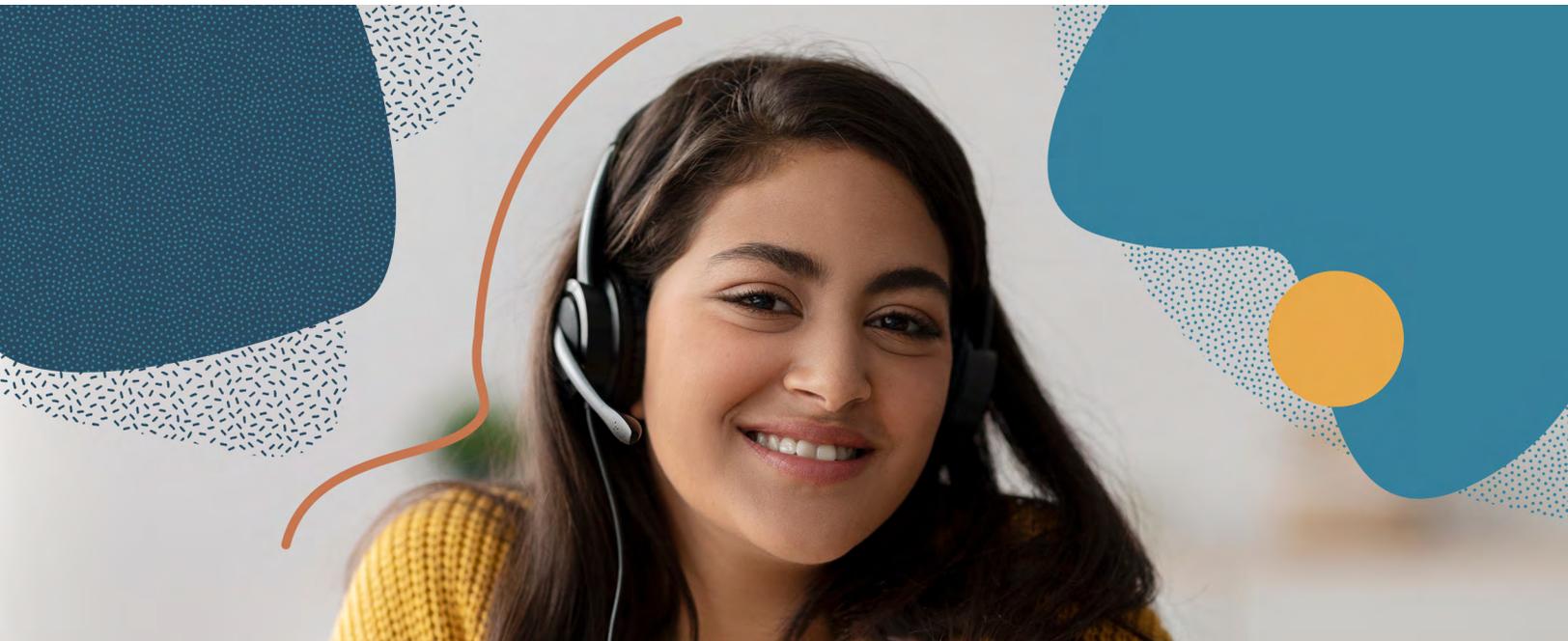
[Military OneSource](#) is a Department of Defense program that provides free support to active duty service members and their families. The program offers a variety of services, including 24/7 counseling, financial assistance, and educational resources.

[The Veterans Affairs \(VA\)](#) is a government agency that provides support to veterans and their families. The VA offers a variety of programs and services, including mental health support, financial assistance, and educational resources.

[The Tragedy Assistance Program for Survivors \(TAPS\)](#) is a nonprofit organization that provides support to the families of fallen service members. The organization offers a variety of programs and services, including grief counseling, financial assistance, and peer support groups.

[Operation Homefront](#) is a nonprofit organization that provides support to military families. The organization offers a variety of programs and services, including emergency financial assistance, housing assistance, and food assistance.





We Are Here to Help

EAP benefits are available to all employees and their families at NO COST to you. The EAP offers confidential advice, support, and practical solutions to help you through your grief and loss. You can access these confidential services by calling the toll-free number below and speaking with our care team or accessing online.

Short-Term Therapy

For a deeper level of support, members can request short-term therapy by calling Uprise Health. Our nationwide provider network of more than 60,000 counselors can be filtered by criteria including geography, clinical specialty, cultural background, and other preferences, to ensure a perfect fit for you. After speaking with our care team, you will be provided with a list of providers. You can schedule an appointment yourself or ask the care team for assistance scheduling.

24-hour Crisis Support

During business hours, members who are in crisis are connected with an Uprise Health clinician who will stabilize your situation and refer you to appropriate support. After-hours calls are answered by behavioral health professionals located within the U.S. If you are in life threatening situation, please call 9-1-1 as you would do for any other medical/life emergency.

Online Peer Support Groups

As part of your EAP program, you can request up to 10 online peer support groups where you will have a safe and confidential place to speak with others who have similar issues. Please call Uprise Health and speak with our care team to learn more about the Grief and Loss support group.



Contact Uprise Health

Call: 1-800-395-1616

Visit: members.uprisehealth.com