

## Resources and Aid for Military Families During COVID-19



Between forced quarantines, bans on movement, PCS moves in limbo, and at-home education — not to mention an increased sense of isolation on top of what many military families may already feel — managing day-to-day life during the COVID-19 pandemic has been a challenge. Add in job changes and possible spousal income loss, and many military families may start to feel that they are nearing some kind of breaking point.

To ease the stress, we have compiled a list of resources open to military families that may provide aid during the pandemic. Ranging from mental health services to online tutoring, these resources provide both necessary aid and enjoyable outlets for families to work their way through the stress, challenges, and boredom they may be facing.

### Resource Hubs for Military Families

#### Military OneSource

[Military OneSource](#) is a hub of information and resources that can help service members and their families reach their goals and work through various challenges in their lives. They specialize in individualized consultations, coaching, and non-medical counseling on topics ranging from transitioning out of the military and spouse relocation to adoption and tax consultation.

They are currently offering special programs and aid for military families during COVID-19, including video- and telephone-based counseling through their [Military and Family Life Counseling Program](#), as well as military spouse [career coaching](#) and webinars.



You can find their full list of COVID-19 resources [here](#).

## Operation Homefront

A nonprofit organization built around the mission of creating strong, healthy, and stable military families, [Operation Homefront](#) offers a host of resources from [caregiver services](#) to [housing](#) assistance.

To meet the needs of military families, Operation Homefront has changed its [Critical Financial Assistance program](#) to accept rolling applications, allowing families in need to submit applications for aid outside of its normal monthly cycle. This program assists military families who are struggling to pay off overdue bills, or for repairs or other critical family needs. Since March, Operation Homefront has provided more than \$650,000 in aid for military families during COVID-19.

Learn more about the Critical Financial Assistance program application process [here](#).

## MilitaryFamily.org

[MilitaryFamily.org](#) — run by the National Military Family Association (NMFA) — strives to be a resource and information hub for everyone from military families to members of Congress wanting to understand the current state of military families. They provide information about the impact of COVID-19 on military families; updates from military, federal, and expert sources; and instructions on ways to access benefits and relief.

MilitaryFamily.org covers COVID-19-related topics like testing and exposure prevention, but also topics that are generally of interest to military families, like PCS and travel, and kids and schooling. Access all topics [here](#).

## Additional Resources

- [Hidden Heroes](#) offers respite relief for military and veteran caregivers. This program provides no-cost, short-term relief with the help of in-home care professionals to family caregivers of veterans or service members.
- [Vets4Warriors](#) offers peer support services for veterans, service members, family members, and caregivers around the world. Even with the impact on military families that COVID-19 has had, their peers remain available 24/7 for support.
- The [Morale, Welfare and Recreation Digital Library](#) from Military OneSource provides access to dozens of portals for entertainment, education, and research purposes. Portals include Ancestry, National Geographic Kids, Mango Languages, and more.
- [com](#) provides online tutoring and homework help for the U.S. military and their families at no cost. Live expert tutors are available 24/7 and provide services to everyone from kindergarten through college.
- Eligible families can apply for relief through their organization's websites: [Army Emergency Relief](#), [Navy-Marine Corps Relief Society](#), [Air Force Aid Society](#), or [Coast Guard Mutual Assistance](#).
- [MilSpouse Money Mission](#) — sponsored by the Pentagon's Office of Financial Readiness — provides military spouses with resources to create smarter financial plans.



- [Operation Gratitude](#) is currently providing direct support to COVID-19 first responders, as well as continuing their mission to lift the spirits of military members. They collect letters of gratitude for service members year-round and, since March, have raised over \$5 million in in-kind donations of essential items to support 300,000 frontline responders.
- The Children's Hospital of Orange County has compiled a [list](#) of both online and at-home activities for kids to do during COVID-19, including The Kennedy Center's artist-in-residence "[Lunch Doodles](#)" and [printable at-home math and reading activity packets](#) for grades K-8.

**We are here to help you through this.**

At Navy Mutual, our mission is to provide military service members with high-quality, low-cost life insurance and annuities, as well as to educate the military community at large on matters of financial security. This includes being there for our Members during unprecedented times like these.

Stay up to date with changing guidelines and recommendations by checking our [COVID-19 updates page](#). If you would like to get your life insurance conversation started, schedule a no-cost virtual consultation by emailing us at [counselor@navymutual.org](mailto:counselor@navymutual.org) or scheduling a virtual appointment [here](#).