

Naval Services FamilyLine Guideline Series Resources

INFORMATION & ASSISTANCE

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GENERAL MILITARY INFORMATION AND ASSISTANCE

United States Navy

Official Department of the Navy Website

www.navy.mil

Commander, Navy Installations Command (CNIC)

CNIC is responsible for worldwide shore installation support for the United States Navy under the Chief of Naval Operations (CNO).

www.cnic.navy.mil

Department of Veterans Affairs

The VA administers a variety of benefits and services that provide financial and other forms of assistance to service members, veterans, their dependents and survivors.

1-800-827-1000

www.va.gov

ID Cards - RAPIDS

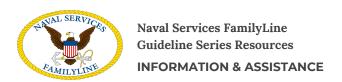
To find the office closest to you to obtain a military ID card www.dmdc.osd.mil/rsl

Military One Source

Military One Source is a DoD Information and Referral Program providing comprehensive information on every aspect of military life at no cost to active duty, guard, and reserve service members and their families.

CONUS: 1-800-342-9647 OCONUS: 800-3429-6477

TTY/TTD: 1-866-607-6794 Espanol: 1-877-888-0727 www.militaryonesource.mil



Morale, Welfare and Recreation (MWR)

Morale, Welfare and Recreation (MWR) covers a wide scope of worldwide operations that provide Sailors and their families with the finest facilities, programs, and activities to meet their recreational and social needs.

www.navymwr.org

National Military Family Association

National Military Family Association is the leading non-profit organization focusing on issues important to military families.

www.militaryfamily.org

NAVY 311

NAVY 311 provides non-tactical, on-demand informational assistance for non-emergency services and can answer questions related to: maintenance, ship parts and/or repair, logistics, personnel or career matters, training, IT systems, quality of life, facilities, medical support, chaplain care, ordnance, and other topics.

1-855-NAVY311 (1-855-628-9311)

www.Navy311.navy.mil

Navy Customer Service Center

Receive a variety of information on many important topics including: pay and benefits, selective reenlistment bonuses, CSB/Redux, service record entries, PCS moves, reenlistment, continuation, FITREP/Evals, promotion, advancement, rating conversion requests, and a gamut of other information.

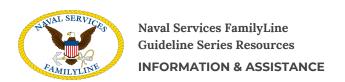
1-866-U-ASK-NPC (1-866-827-5672)

www.npc.navy.mil

Ombudsman Registry

This registry allows family members to locate their ombudsman and will enable them to send an email to the listed assigned Command Ombudsman.

https://ombudsmanregistry.cnic.navy.mil/?m=login



CHILD AND YOUTH PROGRAMS

Child Care Aware of America

Child Care Aware provides information, referrals, tools, and resources to families seeking child care nationwide.

www.usa.childcareaware.org

Child Development Centers (CDC)

Child Development Centers provide full and part-day child care for ages 6 weeks to 5 years of age.

www.navycyp.org

MilitaryChildCare.com (MCC)

MCC is a DoD website for military families seeking childcare.

www.militarychildcare.cnic.navy.mil

Military Families Near and Far

Military Families Near and Far is an online resource with tools, information, and materials to help your family stay connected when a service member is far away.

www.familiesnearandfar.org

Navy Child and Youth Programs (CYP)

www.cnic.navy.mil/ffr/fleet_readiness/child_and_youth_programs.html

United Through Reading

The United Through Reading Military Program helps ease the stress of separation for military families by having deployed parents read children's books aloud via DVD for their child to watch at home.

www.unitedthroughreading.org

CRISIS INTERVENTION

American Foundation for Suicide Prevention (AFSP)

www.afsp.org

American Red Cross

Emergency Hotline: 1-877-272-7337

www.americanredcross.org

Chaplin Core: Navy 311

1-855-NAVY-311 (1-855-928-9311)

Email: Navy311@navy.mil

Text: Navy311@navy.mil in the "to" line

www.navy311.navy.mil

Child Welfare Information Gateway

1-800-394-3366

www.childwelfare.gov

List of Toll-Free Crisis Hotline Numbers

www.childwelfare.gov/pubs/reslist/tollfree

Childhelp National Child Abuse Hotline

1-800-4-A-Child (1-800-422-4453)

www.childhelp.org

Fleet and Family Support Center

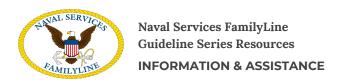
www.cnic.navy.mil/ffr/family_readiness/fleet_and_family_support_program.html

Military Helpline

1-888-457-4838

Text "MIL1" to 839863

www.militaryhelpline.org



Military One Source

1-800-342-9647

www.militaryonesource.mil

National Center for Victims of Crimes

1-855-4-VICTIM (1-855-484-2846)

www.victimsofcrime.org

National Human Trafficking Resource Center

1-888-373-7888 text:233733

www.humantraffickinghotline.org

List of National Hotlines and Helpful Links

www.victimsofcrime.org/help-for-crime-victims/national-hotlines-and-helpful-links

National Domestic Violence Hotline

1-800-799-SAFE (1-800-799-7233)

www.thehotline.org

National Resource Directory

www.nrd.gov

National Sexual Assault Hotline

1-800-656-HOPE (1-800-656-4673)

www.rainn.org

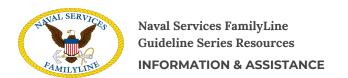
National Suicide Prevention Lifeline

1-800-273-TALK (1-800-273-8255)

www.suicidepreventionlifeline.org

Navy-Marine Corp Relief Society

www.nmcrs.org



Navy Suicide Awareness and Prevention

www.public.navy.mil/BUPERS-NPC/support/21st_century_sailor/suicide_prevention/Pages/default.aspx

Sexual Assault Crisis Support

1-877-995-5247

www.safehelpline.org

United Services Organization

www.uso.org

Veterans Crisis Line

1-800-273-8255, press 1

Text to 838255

www.veteranscrisisline.net

Veterans Self Check Quiz - determine whether stress and depression might be affecting you www.vetselfcheck.org

DEPLOYMENT ASSISTANCE

Everyone Serves

A handbook for family and friends of service members during pre-deployment, deployment, and reintegration.

www.everyoneservesbook.com

Fleet and Family Support Centers (FFSC)

The Fleet and Family Support Center offers a variety of deployment support programs to assist commands, Sailors and their families.

www.ffsp.navy.mil

Military Kids Connect (MKC)

Military Kids Connect is an online community of military children (ages 6-17 years old) that provides access to age-appropriate resources to support children from pre-deployment, through a parent's or caregiver's return.

https://militarykidsconnect.dcoe.mil/

Reserve Affairs

Supports the Reserve Component community through initiatives including the Yellow Ribbon Program, Wounded Warrior Care, Employer Support of the Guard and Reserve, TRICARE Reserve Select, and Military OneSource.

ra.defense.gov

Yellow Ribbon Reintegration Program (YRRP)

YRRP is a DoD-wide effort to promote the well-being of National Guard and Reserve members, their families, and communities, by connecting them with resources throughout the deployment cycle.

www.yellowribbon.mil

EDUCATION AND SCHOLARSHIPS

Anchor Scholarship Foundation

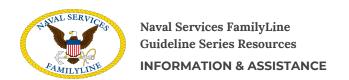
For dependents of qualified surface Navy members.

www.anchorscholarship.com

Chief Petty Officer Scholarship Fund

For children of Chief Petty Officers of the sea services. Sponsored by Chief Petty Officers world-wide.

www.cposf.org



Department of Defense Education Activity

A network of schools, both primary and secondary, that serve dependents of United States military personnel outside the United States.

571-372-5863

www.dodea.edu

Dolphin Scholarship Foundation

For children and stepchildren of qualified active, retired and former members of the Submarine Force.

www.dolphinscholarship.org

FinAid

Links to scholarships, loans, grants, and other financial educational aid. www.finaid.org

Free Application for Federal Student Aid (FAFSA)

Apply for federal and state financial aid.

www.fafsa.ed.gov

Military Child Education Coalition

To serve as a model of positive leadership and advocacy for ensuring inclusive, quality educational opportunities for all military-connected children.

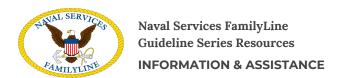
www.militarychild.org

Military OneSource Exceptional Family Member Program

Offers DoD families with special medical and/or educational needs access to information, resources, and each other.

1-800-342-9647

www.militaryonesource.mil/efmp



Navy-Marine Corps Relief Society (NMCRS)

A variety of scholarships and education assistance is available to active duty service members and their dependents.

www.nmcrs.org/pages/education-loans-and-scholarships

Scholarships for Military Children Program

Sponsored by the Fisher House Foundation.

www.militaryscholar.org

Seabee Memorial Scholarship Association

For children and grandchildren of Seabees.

https://seabee.org/scholarship

Servicemembers Opportunity Colleges (SOCNAV)

Degree programs for Navy Sailors and their spouses.

https://www.apus.edu/TransferCredit/accepted/Undergraduate/SOC/socnav.htm

U.S. Department of Education

Find information about all of your education needs and questions.

www.ed.gov

Voluntary Education Program

Detailed information on programs and services, and links to the voluntary education programs,

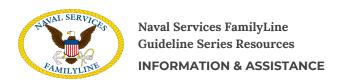
Veterans Affairs, Department of Education and many other educational sites.

www.militaryonesource.mil/voluntary-education

Wings Over America

Provides college scholarships to dependents of the Navy Aviation community.

wingsoveramerica.us/



Yellow Ribbon Program

The Yellow Ribbon Program allows approved institutions of higher learning and the VA to partially or fully fund tuition and fee expenses that exceed the established thresholds under the Post-9/11 GI Bill.

https://www.benefits.va.gov/gibill/yellow_ribbon.asp

FAMILY EMPLOYMENT

Career One Stop

Tools to help job seekers, students, businesses and career professionals.

www.careeronestop.org

Hiring Our Heroes

Nationwide initiative to help veterans, transitioning service members, and military spouses find meaningful employment opportunities.

www.hiringourheroes.org

Military Spouses' Corporate Career Network (MSCCN)

MSCCN is a non-profit organization that offers no-cost services to all military-affiliated spouses, retired military spouses and caregivers to war wounded heroes.

www.msccn.org

Military Spouse Employment Partnership (MSEP)

MSEP is a targeted recruitment and employment solution for spouses and companies that connects military spouses with employers seeking the essential 21st-century workforce skills and attributes they possess.

www.msepjobs.militaryonesource.mil

Spouse Education and Career Opportunities (SECO)

The DoD established the SECO program to provide education and career guidance to military spouses worldwide, offering comprehensive resources and tools related to career exploration, education, training and licensing, employment readiness and career connections.

www.myseco.militaryonesource.mil

USA Jobs

USAJOBS is the U.S. Government's official system/program for Federal jobs and employment information.

www.usajobs.gov

FINANCIAL INFORMATION

Basic Allowance for Housing - BAH

www.defensetravel.dod.mil/site/bah.cfm

COLA and Overseas Housing Allowance

www.defensetravel.dod.mil/site/cola.cfm

Navy-Marine Corps Relief Society

The Society provides financial assistance and education, as well as other programs and services, to members of the United States Navy and Marine Corps, their eligible family members, widows, and survivors.

1-800-654-8364

www.nmcrs.org

Pay and Allowances

www.dfas.mil

Servicemember's Group Life Insurance (SGLI)

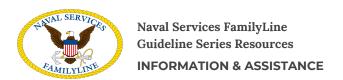
A program that provides low-cost term life insurance coverage to eligible Servicemembers. 1-800-419-1473

www.insurance.va.gov

Thrift Savings Plan (TSP)

TSP is a defined contribution retirement savings plan for Federal employees.

www.tsp.gov



HEALTHCARE

Defense Eligibility Enrollment Reporting System (DEERS)

To enroll in DEERS or make changes to your contact information. 1-800-538-9552.

www.tricare.mil/deers

Fisher House

Provides homes where military and veterans' families can stay at no cost while a loved one is receiving treatment. These homes are located at major military and VA medical centers nationwide, close to the medical center or hospital it serves.

1-888-294-8560

www.fisherhouse.org

Military Crisis Line

Confidential support is available 24 hours a day, 7 days a week, 365 days a year by phone, online chat, and text. This free service is available to all service members, including Veterans and members of the National Guard and Reserve, coping with stress, anxiety, post-traumatic stress disorder, challenges with civilian life, difficulties in relationships, transitioning back to employment, and education.

1-800-273-8255 Press 1

In Europe call 00800 1273 8255 or DSN 118

Text 838255

www.veteranscrisisline.net

Navy Wounded Warrior Safe Harbor

Safe Harbor is the Navy's organization for coordinating the non-medical care of seriously wounded, ill, and injured Sailors, Coast Guardsmen, and their families.

855-NAVY WWP (628-9997)

www.safeharborfoundation.org

TRICARE

TRICARE is the health care program serving Uniformed Service members, retirees, and their families worldwide.

TRICARE East Region 1-800-444-5445

TRICARE West Region 1-844-833-9378

TRICARE Overseas: See International SOS for country-specific toll-free numbers

www.tricare.mil

TRICARE Dental

The TRICARE Dental Program is a voluntary, premium-based dental insurance plan for family members of active duty and reserve service members.

1-855-984-2337

www.tricare.mil/dental.aspx

LODGING AND HOUSING

Department of Defense Lodging - Air Force

1-888-AF-LODGE (1-888-235-6343)

www.af.dodlodging.net

Department of Defense Lodging - Army

1-800-GO-ARMY-1 (1-800-462-7691)

army.dodlodging.net

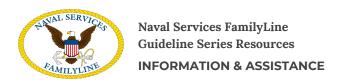
Department of Defense Lodging - Navy Gateway Inn and Suites

1-877-NAVY-BED (1-800-628-9233)

www.ngis.dodlodging.net

Navy Housing

www.housing.navy.mil



Navy Lodge

1-800-NAVY-INN (1-800-628-9466)

www.navy-lodge.com

MAGAZINES AND NEWSPAPERS

All Hands Magazine

www.ah.mil

Armed Forces Journal

www.armedforcesjournal.com

Department of the Navy Information Technology Magazine

www.doncio.navy.mil/chips/

It's Your Move (PDF)

www.ustranscom.mil/dtr/part-iv/dtr_part_iv_app_k_1.pdf

Marine Corps Times

www.marinecorpstimes.com

Military Families Magazine

www.militaryfamilies.com

Military Living Magazine

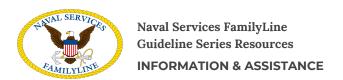
www.militaryliving.com

Military Spouse Magazine

www.militaryspouse.com

National Military Family Association Newsletter

www.militaryfamily.org



Reservist

www.uscg.mil/reservist

Seabee Online Magazine

seabeemagazine.navylive.dodlive.mil

SeaPower

www.seapowermagazine.org

The Coast Guard Magazine

www.uscg.mil/magazine

TNR The Navy Reservist

www.navyreserve.navy.mil

TNR The Navy Reservist Almanac

www.navyreserve.navy.mil/Documents/tnr_current/tnr_almanac_current.pdf

RELOCATION ASSISTANCE

Defense Personal Property System (DPS)

An Internet-based system to manage DoD household goods moves.

www.move.mil

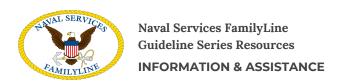
Military Installations

Find out about your next base and "Plan Your Move."

www.militaryinstallations.dod.mil

Navy Supply Systems Command

Household Goods and Navy Personal Property www.navsup.navy.mil/household



UNIFORM/EXCHANGE SERVICES

Army and Air Force Exchange Services (AAFES)

www.shopmyexchange.com

Marine Corps Exchange

www.mymcx.com

Navy Exchange

www.mynavyexchange.com