



Crisis and Prevention

Topic Page Overview



Military OneSource is an established and trusted resource for substantial, current, and detailed information about key military family programs, and it is still the one-stop shop for all of the services you have come to rely on. Now, each program will have its own page on the Military OneSource website dedicated to the latest news, information, and resources that best meet the needs of the military community.



Coming November 2012

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1 Up-to-date News and Information

Stay on top of all the latest news related to a particular program! Each program page offers The Latest section on the top right hand side to track the latest facts, policy changes, and important information. In addition, a schedule of upcoming webinars on relevant topics is posted to give users an easy way to access additional information.

2 Simple Navigation and Organization

Each program page offers an overview of the program, articles and information arranged by topic, and a section devoted to popular links to resources such as important guides, additional websites, helpful tools, and more. Along the top, users can always access the main toolbar for one-click access to other important parts of the site.

3 Additional Features

The right hand side of the page offers additional features to increase the amount of interaction users have with the page.

The Directory allows users to quickly access program-specific contact information for their installation. The contact information is pulled from the MilitaryINSTALLATIONS website and appears within the Directory on Military OneSource. In addition, users can select “advanced search” and link to the MilitaryINSTALLATIONS homepage, where they can further refine their search requirements.

Users can also participate in polls and subscribe to Really Simple Syndication (RSS) feeds to ensure they are alerted whenever changes are made to the program page.

Content Management Process


To manage or update the content found on the program page, please contact your program liaison.

Additional Support

For more information or for assistance, please contact us using our [feedback](#) function.



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What are you looking for?

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Counseling Options [v](#) Military Life Topics [v](#) Monthly Focus [v](#) Social Media Hub [v](#)

Crisis and Prevention



You and your family should never have to face a crisis alone. There are some life events and challenges that necessitate extra support and information. If you or your family are facing issues like risk of suicide, Posttraumatic Stress Disorder, substance abuse, anger management, or addictive behaviors, do not try to manage them on your own. Military OneSource does not provide medical counseling services to address these issues, but you can check out the articles and links below for easy to understand information and to find resources to help support you and your family throughout your time of need.

2

Addictive Behaviors
About Online Dependency
Addictive Behavior

Anger Management

Combat Stress/PTSD
Posttraumatic Stress Disorder

Finding Support
Building a Personal Support Network

Safety & Health
Avoiding Weather-Related Injuries in Military Training
Motorcycle Safety
Preventing Female-Specific Training Injuries
Preventing Injuries in Military Training
Protect Your Feet during Military Training
Tips for Staying Safe after an Explosion

Substance Abuse
About Substance Abuse
Substance Abuse Policy and Treatment


Suicide
When Someone Close to You Dies by Suicide
When a Service Member May Be at Risk for Suicide

Vicarious Trauma

Tools
60 Minutes to a Better You
Achieving Balance
Feeling Good
Giving It Your Best
Growing Stronger Through Change
Honoring Our Babies and Toddlers: Supporting Young Children Affected by a Military Parent's Death
Keeping Your Teenager Safe
Sleep Better Now
Special Care Organizational Record (SCOR) for Adults
Taking Charge of Your Health
Talking with Children about Violence and War
What on Earth Do You Do When Someone Dies?
When Someone You Love Has a Drinking Problem
You Can Quit: Giving Up Tobacco

1

THE LATEST
Non-Medical v. Medical Counseling: What's the Difference?



Medical and Non-Medical counseling can be easily confused. Medical Counseling consists of treatment for issues where a diagnosis can be made, such as depression, substance abuse, or PTSD. Non-Medical counseling covers an array of topics, including stress management, problem solving, and communication skills. More information about the counseling Military One Source provides can be found on our Non-Medical Counseling Options page.

3

DIRECTORY
Find your local Family Center Office

Family Center [v](#)

Enter the name of an installation

[View a directory of installations](#)

[Advanced search at MilitaryINSTALLATIONS](#)

RSS FEED [All RSS](#)

Stay up to date on all things related to Service and Family Members.
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