

## National Military Family Association Deployment Resources



- **After Deployment**  
<http://afterdeployment.t2.health.mil/>  
A mental wellness and behavioral health website addressing post deployment issues.
  
- **Deployment Health & Family Readiness Library (DH&FR)**  
<http://deploymenthealthlibrary.fhp.osd.mil/>  
This library provides Service members, families, leaders, Health Care providers, and veterans an easy way to find deployment health and family readiness information. Visit this site for an online library of current deployment health information, including mental health, or call 800-497-6261.
  
- **Federal Voting Assistance Program (FVAP) :**  
<http://www.fvap.gov/>  
This site assists active duty members of the uniformed services and their family members with registering to vote and voting absentee.
  
- **Injured Marine Semper Fi Fund**  
<http://semperfifund.org/>  
Provides financial grants and assistance to Marines, Sailors and families of those injured serving our nation.
  
- **Military Mental Health Self-Assessment Tool**  
<https://www.militarymentalhealth.org/>  
A user-friendly mental health assessment tool and resource website.
  
- **Operation Homefront**  
<http://www.operationhomefront.net/>  
Supporting US Troops by Helping the Families left Behind: provides assistance to families of deployed service members.
  
- **Our Military Kids**  
<http://www.ourmilitarykids.org/>  
Provides tangible support to children of deployed National Guard and Reserve personnel as well as to children of severely injured service members through grants for enrichment activities and tutoring. Such activities help these children cope with the stress of having a parent in a war zone or recovering from injury at home.

- **Plan My Deployment**

<https://apps.militaryonesource.mil/MOS/f?p=PMD:ENTRY:0>

A new online planning tool with checklists and helpful hints to assist with deployment or mobilization support.

- **Real Warriors**

<http://www.realwarriors.net/>

The Real Warriors Campaign is an initiative launched by the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury to promote the processes of building resilience, facilitating recover

- **Sesame Street "Talk, Listen, Connect: Helping Families Cope with Military Deployment"**

<http://www.sesameworkshop.org/what-we-do/our-initiatives/>

Sesame Street provides videos and materials geared to help young children deal with deployment and changes in their families with the help of Elmo.

- **The American Psychological Association**

<http://www.apa.org/>

The American Psychological Association (APA) is a scientific and professional organization that represents psychology in the United States. APA is the largest association of psychologists worldwide.

- **YMCA Military Outreach Initiative**

<https://www.asymca.org/programs/ymca-dod-military-outreach-initiative/>

The Armed Services YMCA and Department of Defense Outreach Initiative offers YMCA memberships to eligible military families and personnel who may not have access to a nearby military facility.