**On-Line Deployment Resources**

**Pre-Deployment**

Deployment Guides and Resources

<https://www.military.com/deployment/deployment-guides-and-resources.html>

Military Deployment Support

<https://www.militaryonesource.mil/military-deployment-support?gclid=EAIaIQobChMIu_fS_7ed6gIVw9SzCh1dhgfdEAAYASAAEgIxXfD_BwE>

Quick Guide for Deployment Readiness - Marine Corps Community Services

<https://usmc-mccs.org/articles/quick-guide-for-deployment-readiness/>

Cancelled or Postponed Deployment: Time for a Contingency Planning ~ Apr 14, 2020

<https://www.militaryonesource.mil/military-life-cycle/deployment/preparing-for-deployment/cancelled-or-postponed-deployment-time-for-contingency-planning?redirect=%2Fmilitary-life-cycle%2Fdeployment>

When Your Guard or Reserve Service Member is Called to Active Duty - Apr 16, 2020

<https://www.militaryonesource.mil/military-life-cycle/deployment/during-deployment/when-your-guard-or-reserve-service-member-is-called-to-active-duty?redirect=%2Fmilitary-life-cycle%2Fdeployment>

# Working Through Pre-Deployment With Your Spouse

<https://www.military.com/deployment/working-through-pre-deployment-with-your-spouse.html>

How to Prepare Your Relationship for Military Deployment

<https://www.gottman.com/blog/how-to-prepare-your-relationship-for-military-deployment/>

**Sustainment**

Provides letters & care packages to members that don’t get much mail

 [www.anyairman.com](http://www.anyairman.com)

USO Care Package Program

<https://www.uso.org/programs/uso-care-package-program>

What to Send Someone Who is Deployed

<https://www.military.com/deployment/what-to-send-someone-who-is-deployed.html>

Managing Your Emotions When Your Spouse is Deployed

<https://www.militaryonesource.mil/family-relationships/spouse/military-life-for-spouses/managing-your-emotions-when-your-spouse-is-deployed>

10 Tips for Keeping a Relationship Strong During Deployment and Separation

<https://www.militaryonesource.mil/family-relationships/relationships/managing-deployments-and-separations/10-tips-for-keeping-a-relationship-strong-during-deployment-and-separation>

# Getting Through Your First Military Deployment as a Couple By: [Seraine Page](https://www.sandboxx.us/blog/author/seraineberube/) | January 12, 2020

<https://www.sandboxx.us/blog/getting-through-your-first-military-deployment/>

Military couples who avoid problems fare worse after deployment

<https://www.reuters.com/article/us-health-military-coping-style/military-couples-who-avoid-problems-fare-worse-after-deployment-idUSKBN18R342>

The Emotional Cycle of Deployment: You’re Not Alone

<https://www.militaryfamily.org/deployment-cycle-of-emotions/>

# The Deployment Spiral: Getting Through It as A Couple

<https://smartcouples.ifas.ufl.edu/married/military-couples-corner-/deployment-spiral-getting-through-it-as-a-couple/>

Stress Management During Deployment ~ Feb 20, 2020

<https://www.militaryonesource.mil/military-life-cycle/deployment/during-deployment/stress-management-during-deployment?redirect=%2Fmilitary-life-cycle%2Fdeployment>

List of links for member and family support for deployments

[www.survivingdeployment.com/links.html](http://www.survivingdeployment.com/links.html)

**Re-Deployment**

Returning From Deployment: Helping Your Family Transition – Apr 23, 2020

<https://www.militaryonesource.mil/military-life-cycle/deployment/returning-home-from-deployment/returning-from-deployment-helping-your-family-transition?redirect=%2Fmilitary-life-cycle%2Fdeployment>

Deployment- Military OneSource (Preparing for Deployment; During Deployment; Returning Home)

<https://www.militaryonesource.mil/military-life-cycle/deployment>

**Post-Deployment**

Video stories

[www.afterdeployment.dcoe.mil](http://www.afterdeployment.dcoe.mil)

9 Tips For Reintegration After Deployment – Military One Source

<https://www.militaryonesource.mil/military-life-cycle/deployment/returning-home-from-deployment/9-tips-for-reintegration-after-deployment>

National Guard and Reserve Reintegration – Apr 14, 2020

<https://www.militaryonesource.mil/military-life-cycle/deployment/returning-home-from-deployment/national-guard-and-reserves-reintegration?redirect=%2Fmilitary-life-cycle%2Fdeployment>

**Children**

Order a doll that looks like the parent, coupon code Military15 gives you 15% off

 [www.daddydolls.com](http://www.daddydolls.com)

Free books via USO, Chaplains to pass the time or to read to your child

 [www.operationpaperback.org](http://www.operationpaperback.org) –

Online resources for children to connect with others like them

 <https://militarykidsconnect.dcoe.mil/>

Record you reading a book that will be sent via email/website fir download to your child

 [www.astorybeforebed.com/military](http://www.astorybeforebed.com/military)

Deployment Resources for Families – Military One Source

<https://www.militaryonesource.mil/family-relationships/parenting-and-children/parenting-through-deployment/deployment-resources-for-families>

**Additional**

Links for many different needs/support

 [www.afcrossroads.com](http://www.afcrossroads.com)

Resources that meet the unique needs of military members, veterans and their families

 [www.redcross.org](http://www.redcross.org)

Encourage help-seeking behavior among service members, veterans and military families

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

We provide hands-on, innovative, specialized programs and support services to military service members and their families with a particular focus on junior-enlisted men and women

 <https://www.asymca.org/>

Hub of all topics – connects to other website links with numerous resources

 [www.operationwearehere.com](http://www.operationwearehere.com)

Deployment Services – American Red Cross

<https://www.redcross.org/get-help/military-families/deployment-services.html>

Military Programs and Benefits ~ USA.Gov

<https://www.usa.gov/military-assistance>

Troop Support Links – American Legion

<https://www.legion.org/troops/weblinks>

14 Freebies for Military, Families and Veterans – Stacy Fisher

<https://www.thespruce.com/freebies-for-military-families-and-veterans-1358044>

Deployment – National Military Family Association ~ 2020

<https://www.militaryfamily.org/info-resources/deployment/>