



Healthy Relationship Resources for Military Couples

All couples have times of relationship stress, but those with one or both partners in the armed forces tend to face more pressures than most. In fact, help for relationship issues is one of the top reasons people reach out to Military OneSource.

Frequent moves and long-term separations are among the top challenges military couples face. This along with the fact that they're often young and working out the kinks in their relationships can put them at particular risk.

Remind the couples you see of these free services from Military OneSource:

Building Healthy Relationships

This free education-based consultation can be used to supplement non-medical counseling. It is designed to strengthen relationships through coaching sessions, practical tools, resources, and problem-solving techniques. There are six customized tracks to choose from, including Building Healthy Relationships with Your Significant Other, Staying Connected While Away, Reconnecting After Deployment, and Communication Refreshers. Other tracks cover healthy parent-child connections and blended families.

This consultation is designed to be flexible and personable, and is available by phone or video.



Love Every Day

This free mobile app from Military OneSource sends couples personalized text messages for 21 days. By answering these daily questions to each other, couples renew their connection, improving the quality and stability of their relationship.

Interactive webinars

Encourage the couples you see to log in to [Military OneSource Member Connect](#) to find upcoming and archived webinars that focus on relationship themes. Interactive webinars address issues such as resolving anger, communicating better and fighting less, and coping with long separations.

Videos

Service members and spouses can also view videos on Member Connect that cover a range of common issues in relationships. These include resolving conflict, handling interfaith and multicultural relationships, how having a baby changes a marriage, and more.

Remind the military couples in your care that rough patches are common. By taking advantage of the many resources available, they will get through the difficult times and on to greater contentment in their relationship.

Military couples can learn more about the Military OneSource program by calling 800-342-9647 or visiting the [Military OneSource website](#).