



386th Air Expeditionary Wing

386th Air Expeditionary Wing - Quarantine Information Packet

PURPOSE: Provide read-ahead information to prepare members for the 14-day process they must execute in order to begin turnover and the remainder of their deployment.

The following information is provided to those projected to execute a 14-day quarantine at the 386th AEW's **Al Jaber location**.

Individuals receiving this packet should read it carefully to ensure they understand the overview of the quarantine process, what will be available to them for support, and resilience resources created to help ensure the comprehensive fitness of each member.

What to Expect

- Upon arrival into Kuwait, members must wait for official transport to in-processing area where they will be ordered into quarantine or provided further instruction if ASAB is not the final destination on the orders.
- Individuals will be required to have a temperature screening twice a day, AM/PM, for 14-days without disruption of the quarantine process in order to be considered cleared.
- Individuals will be asked their meal preferences at the start of the quarantine process, and this preference will not be able to shift. Please ensure your allergies and preferences are made clear immediately to ensure your three-a-day meals are supported accordingly.
- Depending on the current status of lodging, some members may be in a tent or room, with either a cot or bed. Individuals may pack any necessary comfort items such as preferred blankets or pillows if they would like added comfort on top of the provided beds and linens.
- Access to Wi-Fi may be limited, however, members should prepare for a strain on the bandwidth as well as no access to NIPR or SIPR. In the event someone needs access to NIPR, they are responsible for having a CAC reader available for use on a personal device.
- Showers and toilets will be available, but individuals should expect structured use due to schedules that allow every member in quarantine to have access without cross contamination of groups, which would reset the quarantine timelines for all involved.
- Gym equipment will not be provided, so members are encouraged to pack support items such as resistance bands or jump ropes that allow them to maintain exercise. Physical fitness information and workouts can be found in the digital resources Google Drive annotated in section nine of this document.

Below is the indexed information provided in the following pages:

1. Letter from 386 AEW Commander	2
2. Initial Processes & Arrival	3
3. General Rules & Guidelines	4
4. AJAB Quarantine Rules and Responsibilities	5
5. AJAB Quarantine Support Procedures	7
6. Recommended Packing List	8
7. Digital Resources for Mental, Physical, Spiritual, Social Resilience	9
8. Post-Quarantine ROEs & Information	10
9. Additional Information	11



**DEPARTMENT OF THE AIR FORCE
386TH AIR EXPEDITIONARY WING (USAFCENT)
ALI AL SALEM AIR BASE, KUWAIT**

5 May 2020

Colonel Rodney L. Simpson, USAF
Commander
386th Air Expeditionary Wing
Ali Al Salem Air Base, Kuwait

All Inbound Personnel

Dear teammates

I would first like to state that I am honored you will be joining this team. Whether Air Force, joint, coalition, civilian or contractor, your piece of the mission is critical to ensuring mission success within the area of operations. However, before you can begin your tour it is crucial that you go through a quarantine process to safeguard the health of those who have arrived and those set to depart. Some will be able to accomplish this requirement before deploying, others will accomplish upon arrival in the AOR. Everyone will have to meet the CENTCOM Commander threshold requirements, per his lawful order.

If required, once you arrive, my team will ensure you are properly notified of your quarantine order and provide you information you need to execute this process. It is important that you adhere to all rules and guidance provided to minimize all delays to your quarantine, and prevent the need to reset the timeframe. We have done everything we can to provide you with facilities and amenities to keep you comfortable, but I ask that you also prepare for this process to be challenging due to the restriction of your movements.

It will be important for you to focus on what you can control, what you can do to stay focused and busy, and how you can still get after your goals during this period. You will not be expected to conduct any turnover, which provides you the opportunity to focus on self-development. Using the guidance and information provided in this packet will help in that process and prepare you for a more effective quarantine and transition onto the installation.

Please also review the rules and guidance you will be expected to follow after completion of your quarantine. We have fought hard to mitigate risk without severe impact to amenities that help us continue physical, mental, spiritual, and social pillars of resilience, but we will only sustain them if everyone does their part to uphold the rules and keep one another accountable to them.

Ultimately, I ask that you remember the importance of this process and its purpose to keep the mission going and personnel safe from unnecessary exposure. Those who have been here during the initial months of the pandemic have worked hard to sustain tempo and mitigate risk. They are all working extremely hard to turn over a healthy mission. But they also look forward to the opportunity to return home, which can only happen when we are sure you are safe and ready to take over.

Together we will get through this, and together we will fight this enemy. Welcome to the team.

Sincerely

A handwritten signature in black ink, appearing to read "Rodney L. Simpson".

RODNEY L. SIMPSON, Colonel, USAF
Commander

WIN TODAY...MAKE TOMORROW BETTER...SHAPE THE FUTURE



386th Air Expeditionary Wing

INITIAL PROCESSES & ARRIVAL

Upon arrival personnel will be ordered into quarantine per the installation commander and placed into groups to maintain a timeline for inbound personnel without affecting the 14-day process of individuals who arrived before, or will arrive after. It is extremely important that individuals only interact with individuals in their group to avoid resetting the 14-day period for others.

Each group will have a Troop Commander who will be the key POC for up-channel issues and disseminating information to individuals. Upon arrival and selection of the Troop Commander, individuals will receive further information on schedules and maps regarding the facility layout, emergency procedures, shower information, etc.

Additionally, **members being quarantined at AJAB will not have storage**, and personal luggage will remain with the individual. **Individuals with special pro gear or weapons should contact their sponsor immediately to determine the process for special storage or handling.**

Members may ship items or gear ahead of their arrival using the mailing address provided by the sponsor. Shipping of pro gear may depend on home station funding and line remarks in the orders. Please consult your UDM if you would like to ship pro gear. Cost of shipping personal items is the responsibility of the deployer, and will not be reimbursable on the travel voucher.

Go to the Recommended Packing List page to receive more information on packing accordingly.

At all times, individuals in the quarantine process must adhere to the below guidelines, those outlined in the quarantine rules for the facility, and follow the guidance of the assigned Troop Commander.

- **Maintain 6 feet of separation with persons within your quarantine group** whenever possible while minimizing sharing of personal effects.
- Maintain 6 feet of separation with persons outside of your quarantine group **AT ALL TIMES.**
- Report any new illnesses to USAF medical personnel. See the contact list section.
- If needing to provide own medical care to a person from another quarantine group, practice standard, droplet, and contact precautions as indicated.
- To the maximum extent possible, schedule separate personal hygiene time for each quarantine group. Please refer to guidance from the Troop Commander for schedules.
- Each quarantine group will disinfect shared personal hygiene spaces after their use.
- Common use items will be cleaned by each individual after their use.
- Dispose of trash and drop off dirty laundry in their designated areas only.



386th Air Expeditionary Wing

GENERAL RULES & GUIDELINES

Regardless of COVID-19 or quarantine requirements, the below information will apply at any point across the 386 AEW locations.

Clothing Guidelines

- Inappropriate off-duty attire
 - Shorts or skirts where the buttocks is visible; revealing garments, underpants, see-through leggings or mesh material; severely ripped, torn, cut or frayed clothing; garments containing offensive language or graphics; swim trunks or swim suits outside of the pool area; sweaty workout clothing except when transiting to lodging from the gym or actively working out; tank tops when not actively working out or in transit to and from the gym/pool

Photography & Video

- Photo and video of the flightline or on the flightline are prohibited.

Designated Tobacco Areas

- Smoking and vaping is not authorized within 50 feet of a building, and must be done in a designated tobacco area.
- Smoking and vaping are prohibited inside tents or buildings.

Safety & Protection

- Do not daisy chain or piggyback surge protectors to avoid fire hazards.
- Ensure appliances are compatible with regarding plugs and voltage outlets prior to plugging them in.
- Natural hazards include sandstorms and high winds, as well as extreme heat during the summer months. Members should have been issued eye protection, and should have it readily available to ensure proper eye protection during sandstorms and high-wind days.

Animals & Wildlife

- Petting and caring for an animal or utilizing an animal as a pet is a violation of General Order 1C and is punishable under the UCMJ.
- Wild animals likely have rabies, which is 99% fatal.
- 386 AEW conducts a working cat program where vaccinated and spayed/neutered cats are used to keep the rodent population down. These working cats have a notch on their ear, but are to be left alone.
- Other wildlife to be aware of:
 - Camel Spiders; Spiders (Yellow Sac and Black Widows); Snakes; Scorpions; Sandflies



386th Air Expeditionary Wing

AJAB QUARANTINE RULES & RESPONSIBILITIES

Strict adherence to this guidance is critical to maintaining quarantine between flights. All individuals should remember they are ordered into quarantine and can be held accountable through disciplinary action or under the UCMJ.

1. Personnel will be given tent assignments, determined by PERSCO once they arrive to AJAB.
2. **Accountability will be taken by Troop Commander every day and reported to PECSCO NLT 1200.**
 - a. Accountability will be generated from PAX terminal manifest.
 - b. Accountability will also be used for the purpose of meal preparation and delivery.
3. Personnel must maintain proper social distancing, 6 feet, as recommended by CDC.
 - a. Personnel must stop hand-shaking, fist bumping, or any other skin-skin contact.
 - b. Wash hands regularly.
 - c. A mask must be worn while in confined groups and when in food serving line.
4. Personnel should avoid touching their eyes, nose, and mouth.
 - a. Personnel should clean hands with hand sanitizer, frequently.
5. Personnel must not share any personal items, i.e.-dishes, cups, eating utensils, towels, bedding, etc.
6. Clean up after yourself and keep all areas clean to avoid attracting rodents.
 - a. Cleaning supplies will be provided in the restrooms so you can clean restroom and tents.
 - b. DO NOT bring meals back to sleeping tents to prevent rodent infestation.
 - c. Trash must be removed from tents daily to camp dumpsters during designated meal times.
7. Personnel must clean and disinfect high touch surfaces frequently.
 - a. Disinfect for this purpose is bleach solution—create a 1:50 solution; 5 tbsps. per gallon of water.
 - b. Spray bottles with bleach solution and wipes are made available in all common areas. Mops and buckets are also available in the Shower/Shave facilities. Troop Commander will notify FSS if/when supplies are running low.
 - c. Disinfectant wipes are available in each living tent.
 - d. Each tent will be responsible for coordinating a cleaning crew at the end of their designated times for S/S, Laundry and Dining facilities. The same will also be true for the living tents before you are released from the camp, at the end of your quarantine.



386th Air Expeditionary Wing

8. Do not use tobacco products or vape in or around tents.
 - a. Tobacco products are prohibited within 50 feet of a building, and must be utilized in a designated tobacco area.
9. The Troop Commander may coordinate the following movements for each tent in line with the schedule, in order to adhere to physical distancing guidelines:
 - a. Meal times
 - b. Laundry times
 - c. Shower times
 - d. Temperature checks
10. Troop commander will call all facility work orders into lodging if maintenance is needed.
 - a. Please do not tamper with AC units
11. **Smoking is PROHIBITED in the tents.** Occupants must utilize the provided designated tobacco areas (DTAs). Users must maintain 6 foot distance between members at all times. See attached maps for DTA (Designated Tobacco Area) locations.
12. During an **ALARM RED**, take cover and lay flat underneath the bunkbed.
13. In case of **FIRE**, camp occupants will evacuate to noted evacuation point, top.
 - a. Flight Commanders will take accountability once assembled and report it up to PERSCO.
 - b. Flights will do their best to congregate at least 6' away from other flights, so as not have to reset their respective quarantine durations.
14. For any emergencies, please use emergency phone's and contact BDOC at the contact point provided upon arrival. Flights will stay within their tents, if not actively assisting, while responders attend to the situation. If the emergency is within a tent, those tent occupants will disperse to an area within their section, so they are out of the way of responders and patient(s).



386th Air Expeditionary Wing

AJAB QUARANTINE SUPPORT PROCEDURES

Food

1. DFAC team will serve food at designated quarantine area at: Breakfast- 07:00 / Lunch- 11:00/ Dinner-17:00
2. DFAC or FP will utilize physical distancing measures, don gloves, and mask when dropping off or serving food. Everyone must wear face mask when going through serving line

Trash

1. Trash must be removed daily to camp dumpster during designated meal times.
2. Trash bags will be provided at designated area so they can be distributed throughout camp.

Laundry

1. Laundry facilities are available in quarantine area
2. Laundry is **BYODetergent**. Detergent will not be available in the quarantine area.



386th Air Expeditionary Wing

RECOMMENDED PACKING LIST

Due to space constraints, members will place unnecessary items into locked storage. As a result, it is encouraged that members have everything they need packed accordingly before entering into the quarantine facility.

72-Hour Bag: Pack IAW Reporting Instructions and/or Unit Packing Lists

- **You must have a cloth face mask and eye protection** in your 72-hour bag or secondary bag.
- **Individuals must bring an issued sleeping bag** per the updated reporting instructions for Kuwait.

Secondary Duffle Bag:

- **Blanket/Pillow** – Individuals are encouraged to bring their own if they prefer additional comfort items.
- **Clothing** – Enough to get through a 14-day period without laundry available.
 - Summer Temperatures – Highs of 115, Lows of 84
 - Clothing must be IAW guidance outlined in the General Rules & Guidelines section.
- **1 Pair of Each** – Shower shoes, Casual sneakers/shoes, Uniform boots
- **Toiletries** – Shampoo/Conditioner, Bodywash, Towel, Toothbrush/Toothpaste. Etc/
- **Towel**
- **Laundry Supplies** – In the event laundry is available, there are limited supplies. If individuals have a preferred product, it is encouraged they bring a few rations to get them through quarantine.
- **Books, personal or professional development products, continued education resources, etc.** to stay busy and productive.
- **Laptop or Preferred Electronic Device**
 - Streaming Services – Due to potential Wi-Fi bandwidth constraints, members are encouraged pre-download any shows or movies on their device or through Netflix, Disney+, or other streaming options ahead of time.
- **Digital Readers, E-books & Audio Books** – Be sure to download audio books or e-books to minimize strain on the Wi-Fi bandwidth
- **Converters/Adapters** – US to UK (240V) Converter for US electronics to utilize wall outlets
 - 110V electronics that are not dual voltage cannot be plugged into the 240V outlets. Current supplies are limited.
- **External Battery Packs** – Individuals are encouraged to bring external battery packs as some areas may have limited outlets which will require sharing.

Fitness (Portable Workout Equipment Examples):

- Resistance Bands
- Jump Ropes
- Sandbag that can be filled up after arrival



386th Air Expeditionary Wing

DIGITAL RESOURCES – Mental, Physical, Spiritual, Social

386 AEW Google Drive for Digital Resources

<https://drive.google.com/drive/folders/1dHPG6rfEtSQIaNTuCqewel20IzB2UVCY>

386 AEW has established a localized Google Drive for off-network access that allows you to utilize the resources they are collecting, creating, and disseminating for mental, physical, spiritual, or social fitness. Below are the resources that can be found in the drive, and the amount products will continue to grow as the environment develops.

Mental Fitness

- Disaster Mental Health Slides
- MH - Coping with COVID Products
- Sleep Improvement Tactics
- Yoga
- Meditation and Breathing Exercises

Spiritual Fitness

- 3-Page Resource Document for Digital Resources

Physical Fitness

- Bodyweight Workouts
- No Weight and Weighted Vest Circuits
- Resistance Band and Jump Rope Workouts
- EFSS - Fitness Video Tapes

Professional & Personal Development

- How to get the AF OverDrive Digital Library for Audio/Digital Books
- CMSAF Reading List 2019
- Harvard Business Review Articles (Building Culture, Leadership/Mentorship, Personal Resilience, Financial Perspective)
- Local Orgs
 - Enlisted to Officer Resources/Brief & Practice Exams

Additional Products

- Family Outreach Programs/Efforts
- 30-Day Coping Activity Calendar



*DIGITAL RESOURCE GUIDE QR CODE.
SCAN TO GO TO GOOGLE DRIVE.*

386 AEW Facebook & Instagram

FB: @386AEW

IG: @386aew

386 AEW Chapel Facebook Group

FB: @386AEWChapel



386th Air Expeditionary Wing

POST-QUARANTINE ROE'S & INFORMATION

Upon completion of a 14-day quarantine with no disruption or cross-contamination, members will be provided an MFR certified by the Public Health Emergency Officer (PHEO). This MFR must be retained in an individual's records to conduct any intra-theater movement.

The following rules will apply at all times per SECDEF, CENTCOM, AFCENT, or 386 AEW leadership and will be in place until rescinded or adapted with additional guidance.

Rules & Guidelines:

- **Facemasks or Face coverings** – Individuals must have a facemask or face covering on their person at all times and must be worn when within 6 feet of another person.
- **6-foot Physical Distance** – 6 feet must be maintained at all times when not conducting mission essential functions or when unavoidable in all other situations (e.g. the DFAC).
 - Members are not permitted to socialize within 6 feet of another person even when wearing a mask when the gathering is not a mission essential requirement.
- **Suspension of Non-essential Gatherings** – All non-essential gatherings of 10 or more people have been suspended until further notice. Non-essential gatherings are defined as official, local organization, or unit-sponsored functions that physically bring together 10 or more people.
- **DFACs Require Facemask & Time Limits** – All individuals must have a facemask or face covering over their nose and mouth to enter a DFAC. Once seated, individuals may remove the mask, but have 10 minutes to finish the meal and exit. Takeout options are encouraged, but individuals should properly dispose of waste to mitigate rodent and insect issues or infestations.
- **Workout Facilities Open Under Strict Guidance** – Workout facilities will remain open under strict guidance that individuals will maintain a 6-foot distance and have a mask around their neck at all times. Equipment has been spaced to support a 6-foot distance and will not be moved. Each facility may have variations of the overall guidance pending aspects such as maximum occupancy. Please refer to each facility for the specific guidelines. **Non-compliance will result in members being asked to leave or closure of these facilities.**
- **Cancellation of FSS Events & Classes** – All organized MWR events, fitness classes, and intramural sports are postponed until further notice.



386th Air Expeditionary Wing

Face Covering Frequently Asked Questions (FAQs)

Excerpt from USCENTCOM Night Orders for 5 APR 2020

(U) In accordance with DoD guidance dated 5 APRIL 2020, all individuals in/on a dod facility, installation, or property will wear cloth face coverings when they cannot maintain six feet of physical distance in public areas or work centers. While additional guidance is pending from the services, CENTCOM personnel will implement immediately.

(U) This includes all military personnel, DoD civilian personnel, family members, DoD contractors, and all other individuals on facilities, installations, or property.

(U) Until further guidance becomes available, all individuals are encouraged to wear previously issued face coverings (buffs, gaiters, balaclavas, etc...) or fashion face coverings from household items or other common materials (t-shirts, handkerchiefs, etc...)

(U) Regardless of means employed, the nose and mouth area should be covered.

(U) If not a uniform item, military personnel will ensure that face coverings remain appropriate for wear in uniform.

(U) Medical PPE (N95 respirators, surgical masks, etc...) will not be issued for this purpose as those will be reserved for appropriate personnel.

(U) This guidance is issued in accordance with DoD guidance dated 5 APRIL 2020, DoDI 6200.03, and the Commander, MacDill AFB, Declaration of a Public Health Emergency, currently in effect.

Questions Overview:

1. Who is required to wear a face covering?
2. Where will we be required to wear it?
3. Will a face covering or surgical mask be issued to me?
4. What's the purpose of a mask? Will it reverse any of the policies put into place?
5. Will this change how DFAC operations are run?
6. Will this change rules at the gym?
7. Does the face covering have to be a specific color or pattern?
8. What if I wasn't issued a face covering, or I didn't bring one? Will I be reimbursed?
9. Where can I get supplies to make my own face covering?



386th Air Expeditionary Wing

1. Who is required to wear a face covering?

All individuals on a DoD installation, facility, or property must comply with this guidance and implement immediately.

2. Where will we be required to wear it?

A face covering will be required in any facility or work area where a six-foot physical distance cannot be sustained. Effectively 7 APR 2020 and until further notice, no individual will be permitted to enter a DFAC at any of our locations without a face cover due to the difficulty of spacing. Additionally, individuals in the ASAB gyms will need to have a face covering around their neck to enter the facilities. A face mask will also be required in approved designated tobacco areas where six feet of distance cannot be maintained.

Regardless of location, individuals need to have a face covering with them at all times in order to respond to a situation that does not allow for enough physical distance.

3. Will a face covering or surgical mask be issued to me?

No. Medical PPE such as surgical masks or N95 masks will be reserved for identified, appropriate personnel only. Individuals are directed to use a previously issued face covering such as a buff, gaiter, balaclava, or shemagh. Individuals may also create their own face covering using the CDC guidelines provided by 386 AEW/PA in the base all notification, the COVID-19 SharePoint page, or the off-network Google Drive.

4. What's the purpose of a mask? Will it reverse any of the policies put into place?

The face covering guidance is has been added as an additional measure to further mitigate the spread of germs, specifically in scenarios that cannot be avoided but do not allow for six feet of distance. Use of face coverings does not revoke or change any previous guidance regarding risk mitigation. We must all continue to execute the measures in place to ensure we are stopping the spread and flattening the curve in the event we encounter a confirmed case of COVID-19.

5. Will this change how DFAC operations are run?

Effective immediately, the DFACs will not permit individuals without a face cover to enter as well as implement removal of chairs to enforce six feet of space. Moving chairs is not permitted for those who choose to dine in the DFAC. The 10-minute rule once seated still applies.

6. Will this change the rules at the gym?

For ASAB, individuals using the fitness facilities will have a face covering on their neck, and over the nose and mouth when entering/exiting, within six feet of another, and when walking through the facilities. Workout partners are no longer authorized except for spotters to ensure safe use of equipment. Masks must also be worn when interacting with the front desk.

For AJAB, individuals must have a mask available. Upon entering the facilities all members must sign in and use hand sanitizer immediately. Six-foot distance must be maintained at all



386th Air Expeditionary Wing

times, and exercises requiring a spotter are discouraged. If a spotter is needed, a mask must be worn.

All equipment has been disbursed across the various workout facilities to enforce a six-foot distance. Use of a mask does not negate the need to maintain a six-foot distance. Individuals failing to adhere to guidance may be asked to leave the facilities.

7. Does the face covering have to be a specific color or pattern?

While in uniform, members must utilize face coverings that adhere to governing uniform regulations. This means face coverings should be an approved color or pattern to include colors such as sand, black, coyote brown, sage green, or patterns such as OCP or ABU.

Individuals in civilian attire may utilize non-traditional colors, patterns, or images on their face coverings, as long as it does not promote inappropriate behavior or verbiage (i.e. sexist, racist, homophobia, etc.) Members are encouraged to have fun and be creative, but all should continue to foster dignity, inclusion, and respect. The determining authority for what is “appropriate” will be held at the unit level, until further notice.

8. What if I wasn't issued a face covering, or I didn't bring one? Will I be reimbursed?

For those who were not issued a face covering from your home station UDM, please contact your unit supply POC to determine if one can be made available through the supply chain. For those that were issued a mask, but did not bring it or have misplaced it, you will not be reimbursed for the purchase of a new covering. It is recommended that you make a mask from an old t-shirt or go to the Airman's Attic to get older uniform shirts to avoid an additional costs.

9. Where can I get supplies to make my own face covering?

Individuals can utilize older t-shirts from their duty uniform, purchase new t-shirts from the BX, or can go to the Airman's Attic to get a used t-shirt. Instructions for how to make your own face covering from a shirt can be found in the Google Drive and SharePoint locations linked in question 3.

Helping Agency Quick Reference



For Military Personnel assigned to Al Jaber Air Base

Agency	Contact Info	Services Offered
Chapel	Phone: 345-5017 24-hour On-call: 442-2 920 (via Command Post)	- Confidential counseling and/or prayer available 24/7 - Need something? Shop our "Free-Ex" 24-7 for snacks, toiletries, books, cards, & more!
Equal Opportunity (EO) Located at A/SAB	Building 378 Phone: 442-6061	- Training and Education, Specialized Briefings - Informal and Formal Complaint Processing Informal and Referral Services - Alternate Dispute Resolution (DoD-Certified!)
Inspector General (IG) Located at A/SAB	Building 378 Phone: 442-6392	- Complaint Resolution - Congressional Inquiries
Judge Advocate (JA) Located at A/SAB	Building 592 Phone: 442-6762 / 6763	- Power of Attorney and Notary Services - Wills - Legal Assistance
Mental Health Located at A/SAB	Building 594(EMDG) Phone: 442-CARE	Disaster Mental Health Allows service members to receive undocumented education and consultation to address mental health concerns related to or worsened by COVID-19, including: anxiety, depression, stress, sleep problems, etc.
		BHOP Medically documented education and consultation services designed to address concerns such as: anxiety, depression, stress, sleep problems, etc.
Sexual Assault Response Coordinator (SARC) Located at A/SAB	Building 378 SARC 24-hour Cell: 442-7272 OR 6222-1738	- Confidential services for victims of sexual assault



Military OneSource provides free, confidential counseling services for military members and their families on a wide range of issues from marital counseling, to stress management, to depression, and more. Military OneSource also offers other resources like financial counseling and an MWR digital library.

Telephone: Stateside: 1-800-342-9647 ; Overseas: *800-3429-6477

We have verified the Stateside number can be used through WhatsApp and other dialing services like Hangouts dialer

Website: <https://www.militaryonesource.mil/>