**Resources for Military Couples**

*Supporting relationships during this time of pandemic and stay-at-home orders is especially important to individuals’ mental health. This page highlights resources focused on couples to help them navigate stressors and strengthen connections.*

**Military OneSource**

Military OneSource (MOS) has numerous resources geared toward providing support for military couples. Especially during this time of self-quarantine and social distancing, here are a few services from MOS that couples may find beneficial:

Non-Medical Counseling

Non-medical counseling helps individuals and couples manage everyday challenges as well as those related to military life. Military OneSource provides couples counseling using telephone or live video sessions. For more information, couples can call MOS at 800-342-9642 or go to their website: <https://www.militaryonesource.mil/confidential-help/non-medical-counseling/military-onesource/military-onesource-counseling-the-essentials>

Building Healthy Relationships Consultation

Military OneSource offers specialty consultations on relationships to enhance coping skills and improve relationship functioning. These consultations include coaching sessions, practical tools, resources, and problem-solving techniques. <https://www.militaryonesource.mil/confidential-help/specialty-consultations/building-healthy-relationships/strengthen-your-coping-skills>

**Helping Couples Cope**

Helpful Hints for Families and Couples

The American Counseling Association offers suggestions for couples who are sheltering in place during the COVID-19 pandemic, including information on self-care, communication, and developing new routines. There are also specific recommendations for talking with children about COVID-19. <https://www.counseling.org/docs/default-source/trauma-disaster/covid-couples-families-sheltering.pdf>

Tips for Coping with Stress as a Couple

The COVID-19 pandemic can place any relationship under strain. Military OneSource has developed an infographic that can serve as a guide for couples coping with stress: <https://download.militaryonesource.mil/12038/MOS/Fliers/MOS-COVID19-Infographic-CoupleStress.pdf>

When You and Your Partner React Differently to COVID-19 Concerns

Everyone reacts differently to stressful situations. Military OneSource provides tips for couples to improve their communication skills as they work through concerns related to COVID-19. <https://www.militaryonesource.mil/family-relationships/relationships/keeping-your-relationship-strong/relationship-communication-tips-during-covid-19>

**Intimate Partner Violence Support**

Self-quarantine and social distancing may be particularly challenging for those who do not feel safe in their relationships. For some, the added pressures brought on by the pandemic may bring out unhealthy or even abusive behaviors. In the military community, support is always available for concerns related to intimate partner violence.

Navigating Relationship Safety During the COVID-19 Pandemic

Relationship safety is an important concern during times of increased stress. Military OneSource provides recommendations for how those in the military community can maintain relationship safety during the COVID-19 pandemic: <https://www.militaryonesource.mil/family-relationships/family-life/preventing-abuse-neglect/navigating-relationship-safety-during-the-covid-19-pandemic>

Family Advocacy Program

Within the Department of Defense, the Family Advocacy Program provides resources for victims of intimate partner violence. Below is a link which explains reporting options for victims of relationship violence as well as ways to access the Family Advocacy Program. <https://www.militaryonesource.mil/family-relationships/family-life/preventing-abuse-neglect/domestic-abuse-military-reporting-options>

Veterans Health Administration Intimate Partner Violence Assistance Program (VHA IPVAP)

For Veterans, the VHA offers the IPVAP program which provides resources and support for victims of intimate partner violence. This web site includes information about IPV and COVID-19, resources on safety planning, and a crisis hotline number. <https://www.socialwork.va.gov/IPV/>

**Apps for Couples**

Gottman Card Decks

Using research from the Gottman Institute, the Gottman Card Decks app offers many resources couples can use to enhance communication. This app is available for free on both iOS and Android platforms: <https://www.gottman.com/couples/apps/>

Love Nudge

Love Nudge is the official app of the “5 Love Languages” – a program based on the work of Dr. Gary Chapman. The app offers a quiz to identify partners’ love languages as well as prompts for enhancing relationship connection. This app is available for free on both iOS and Android platforms: <https://www.5lovelanguages.com/lovenudge/>