

# Resources for Returning Home from Overseas

Below are the resources and support available to help you manage a return to the United States.

## Relocation logistics

Get help managing the complexities of a military move from an overseas location.

- ▶ **Relocation Assistance Program:** Access personalized, local support for planning your move back to the United States.
- ▶ **Defense Personal Property System, or DPS:** Schedule and manage your personal property shipment.
- ▶ **Plan My Move:** Create customized checklists to manage the details of your move.
- ▶ **MilitaryINSTALLATIONS:** Find in-depth information about your new duty station.
- ▶ **Sponsor Request:** Request a sponsor at your new duty station to get boots-on-the-ground insight.
- ▶ **Temporary Lodging Expense, or TLE:** Get help with lodging and meal costs while in temporary housing.
- ▶ **Housing Resources:** Find information about government-owned housing, as well as privatized and local rentals.

## Managing stress during reintegration

Access personalized support to help navigate your transition or talk to someone who gets it.

- ▶ **Military OneSource Confidential Counseling:** Get free, short-term counseling by phone, video or online chat for a range of topics, from relationships to major changes.

- ▶ **Military and Family Life Counseling:** Connect with a counselor on or near [your installation](#) for confidential support.
- ▶ **inTransition Program:** Maintain uninterrupted mental health care during your move.
- ▶ **Peer Support:** Connect with someone who understands military life.
- ▶ **Veterans/Military Crisis Line:** Visit [veteranscrisisline.net](http://veteranscrisisline.net) for live chat and overseas dialing info.

## Family support during moves

These resources can help the whole family start your next chapter.

- ▶ **Spouse Education and Career Opportunities:** Find expert support and tools for career growth and professional license transfers.
- ▶ **School Liaisons:** Help children enroll in school and adjust after a move.
- ▶ **Exceptional Family Member Program:** Keep medical and educational support in place during a move.
- ▶ **New Parent Support Program:** Access parenting support, including help with preparing young children for a move.
- ▶ **Reintegration Briefings:** Learn about workshops and resources to help families adjust as they return to the United States.

## How to access these resources

For personalized guidance, contact your installation [Military and Family Support Center](#) or get 24/7 confidential support through Military OneSource. Call 800-342-9647 or visit [MilitaryOneSource.mil](http://MilitaryOneSource.mil) for live chat or OCONUS dialing options.

