



There may come a time when you need help—and we'll be there.

Red Cross services include the following:

- Emergency Communication
- Access to Emergency Financial Assistance
- Information and Referral
- Resiliency, Coping and Reintegration Education

The Red Cross provides these services to personnel from all branches of the service (including activated members of Guard and Reserve components):

- Army
- Air Force
- Navy
- Marine Corps
- Coast Guard
- ROTC and Military Academy Cadets
- Commissioned Corps of the U.S. Public Health Service and the National Oceanic and Atmospheric Administration
- DoD Civilians Stationed Overseas
- Military Retirees
- Veterans
- Immediate Family Members of all of the above



**American Red Cross**



**American Red Cross**

Get to Know Us  
Before You Need Us

**Serving the U.S. Armed Forces  
and Their Families**

You—or your family—  
may need us one day.

Learn how we can help.

Enter your local contact information here.



## During times of mobilization and deployment...

No one ever said that being in the military was going to be easy for you—or your family members. Military life, in fact, often creates unforeseen hardships.

As a service member, you and your family have access to many valuable Red Cross services. The American Red Cross Service to the Armed Forces (SAF) network helps service members and their families cope with military life.

## You're never out of touch...

- **Stay in touch with loved ones.** Our worldwide emergency communications network operates 24 hours a day, 7 days a week, 365 days a year. We can assist you or your family in sending emergency messages for situations such as the death or serious illness of an immediate family member or the good news of the birth of a service member's child.
- **Get verification of emergency situations.** The Red Cross can provide you and your command with timely, reliable, verified information about family emergencies to help make decisions regarding leave.
- **Access emergency financial assistance.** The Red Cross, in partnership with military aid societies, provides access to financial assistance 24 hours a day, 7 days a week, 365 days a year, when an urgent personal or family crisis arises, such as emergency travel, normal monthly expenses, and household setup.

## You and your family are never alone...

- **Get information and referrals.** The Red Cross can help you identify community resources and government benefits to assist you and your family.
- **Receive resiliency, coping and reintegration education.** The Red Cross offers several educational programs designed to help military families throughout the deployment cycle. The Coping With Deployments course teaches resiliency strategies and psychological first aid steps so family members can help themselves and others deal with the challenges of a deployment. The Coming Home series focuses on individual/small group coaching to enhance the likelihood of positive reconnections among family members and the successful reengagement of the service member in civilian life.

Get to know us before you need us. Contact your local Red Cross chapter or one of the many Red Cross stations on military installations around the world. Please visit [redcross.org](http://redcross.org) to find the nearest Red Cross office.



## Information to expedite communicating with military loved ones:

Birth Date of Service Member

Military Unit Address

Home Base Unit

Local Red Cross Chapter

Post conveniently in case of emergency

For more information, contact (type your contact information here).

