

## Military Support Center

### The America

Supports You: Our Military Men and Women website, maintained by the Department of Defense (DOD), links to official department and military relief organizations providing morale-building services to U.S. military personnel overseas. In addition, this page will provide updated policy guidelines and further instructions on mail and e-mail to the troops as changes in conditions may warrant.

DOD currently prohibits the general mailing of letters or packages to "any servicemember" because of security and logistics concerns.

Personal mailings from family members, loved ones, and friends, however, have always been encouraged. The military mail system will continue to work hard to get personal mail to servicemembers overseas, according to the Defense Department.

### HELP FAMILIES STAY IN TOUCH

- Donate a calling card to help keep service members in touch with their families at: [Operation Uplink](#)

### SUPPORT THE TROOPS

- Let the troops know you support them at: [US Defense Department Website](#)

### SEND CARE PACKAGES

- Donate to "Operation USO Care Package"
- Support the American Red Cross Armed Forces Emergency Services

## OPERATION HERO MILES

Operation Hero Miles was originally created to allow troops stationed in Iraq or Afghanistan to fly home on leave for free. It now gives family members of wounded servicemen and women free plane tickets to visit their loved ones recovering at military hospitals across the country. Operation Hero Miles gives ordinary citizens an opportunity to help our troops in a very direct way that makes a real difference in their lives.

## FLY A BLUE STAR BANNER

- For families who have loved ones serving overseas, click [HERE](#).

## TALK TO YOUR CHILDREN

-  
The National Center for Children Exposed To Violence Has provided information to help parents and teachers talk about war with their children and students.

- Information for Parents
- Information for Teachers

## RESOURCES FOR PARENTS, TEACHERS, AND FAMILY SUPPORT PROFESSIONALS

- [www.cyfernet.org](http://www.cyfernet.org)

## CONTACT MILITARY RELIEF SOCIETIES:

- Army Emergency Relief
- Navy/Marine Relief Society
- Air Force Aid Society
- Coast Guard Mutual Assistance

## HELP OUR VETERANS

- Volunteer at a VA Hospital

## LEARN ABOUT RELIEF EFFORTS IN IRAQ

- The U.S. Agency of International Development informs Americans about how they can help Iraq rebuild.

## USEFUL LINKS FOR FAMILIES

### Reservist Family

Benefit Handbook - This booklet is designed to help when your loved one is away, whether serving in support of a military operation overseas, performing security or other duty in a local or regional location, or performing training at the local armory or reserve center.

- Predeployment Guide: A Plan For Coping - Being separated from family and friends is never easy, but the Predeployment Guide provided here can make it a more bearable experience for you.
- National Committee for Employer Support of the Guard and Reserve - the government organization promotes cooperation and understanding between Reservists and their civilian employers.
- Office of the Secretary of Defense: Reserve Affairs - Includes helpful information for Reservists' families.

## MILITARY RECORDS

- If you are a veteran and you would like to access your military records
- If you are currently enrolled and would like to access your military records

## TO LEARN MORE ABOUT THE ARMED FORCES

- U.S. Department of Defense

- Army
- Coast Guard
- Navy
- Air Force
- US Marine Corps