

Military & Family Readiness

Resource Newsletter

MAY 2024



It's Military Spouse Appreciation Month!

May is the month to honor our Military Spouses for their commitment and sacrifice to their service members and families, and to their country! Take advantage of these MilSpouse only benefits and events!

MySECO: 2024 Virtual Military Spouse Symposium and Virtual Hiring Fairs: May 14-30 to equip military spouses with tools, resources and connections to build your professional network and meet your career goals
<https://myseco.militaryonesource.mil/portal/events/live/virtual-military-spouse-symposium-2024>

MilSpouse Money Mission: It's their mission to educate and empower military spouses to elevate their families by making smart money moves.

<https://www.milspousemoneymission.org/>



Blue Star Families: Gets you connected to resources, perks, events, and more! Check out Blue Star Books, Blue Star museum, and Blue Star Perks (like a FREE Spritune or Headspace subscription!)

<https://bluestarfam.org/military-family/>



What is Mental Health?

The CDC says that "Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices." Utilize the resources below or contact us for a more complete list!

Hawai'i UTelehealth

FREE Behavioral Telehealth Services with a psychologist, psychiatrist, family medicine specialist, mental health counselor, or substance use counselor for all individuals in outer islands and rural Oahu through 2026!
<https://hawaiiutelehealth.org/>

Text "ALOHA" to 741741

The National Crisis Text Line
"Provides support 24 hours a day, 7 days a week through text messaging for those in crisis."

Got a Library Card?

Have you been to your local library lately? If you haven't, I think you'd be very surprised at what they have to offer!

- Browse their physical collection of thousands of books, CDs, DVDs, newspapers or magazines
- Download eBooks, Audio books, eMagazines, eNewspapers and even stream movies!
- Learn to play the 'ukulele through their 'Ukulele Lending Program!
- Join events at select branches, like keiki story time, Tai Chi, Chess Club, and book clubs
- Take free online tech courses including AI, coding, computer basics, design, marketing, security and more.

<https://www.librarieshawaii.org/>



Questions, concerns?
Give us a
text/call/email

**Military & Family
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are here to support YOU!

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