



MILITARY FAMILIES

SPOUSE WELL-BEING

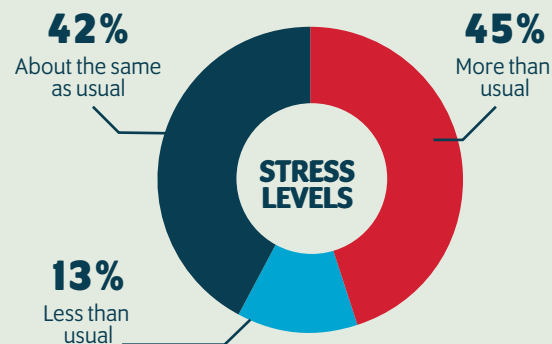
www.militaryonesource.mil/reports-surveys

The more than 680,000 active duty spouses play an important part in our military community. They face unique challenges due to their spouses' military service.

WELL-BEING OF ACTIVE DUTY SPOUSES

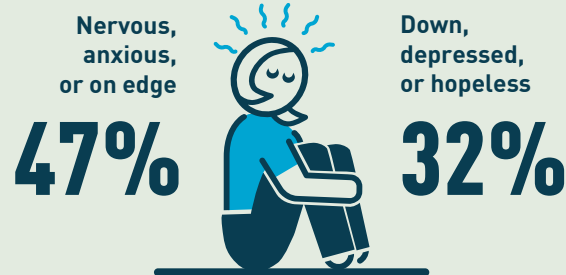


Current Level of Personal Stress



Mental Well-being

Within the last two weeks, active duty spouses reported feeling...



SUPPORT FOR ACTIVE DUTY SPOUSES



Community Support



52% of active duty spouses agree that if they had an emergency, even people they did not know would be willing to help.



50% of active duty spouses agree that people know they can get help from the community if they are in trouble.



Family Support



89% of active duty spouses agree that generally speaking, they would describe their family as a strong, happy family.



88% of active duty spouses agree that the members of their family make an effort to show they have love and affection for them.



Use of Counseling

66% of active duty spouses are **comfortable using military counseling.**

35% of active duty spouses **have seen a counselor** during their husband's or wife's active duty career.

78% of active duty spouses who have seen a counselor **felt it was beneficial.**

Top Cited Issues Discussed in Counseling

Marital Issues

21%

Mental Health Concerns

21%

Coping with Stress

11%



Resources for Spouses

The Department of Defense is dedicated to helping military spouses manage stress. Military spouses can receive support at no cost, including non-medical counseling at:

MILITARY ONESOURCE

800-342-9647

www.militaryonesource.mil