



[Military OneSource](#) offers a wide range of services and resources, including individualized consultations, coaching and non-medical counseling for many aspects of military life.

Online, the [MWR Digital Library](#) offers countless free resources to service members and their families. For children and teens, there are reading guides and homework helpers. For service members and spouses, there are research and reference materials on hundreds of subjects from car repair to mutual funds. Everything's digital, searchable and accessible 24/7.

Freegal Music® is a free music service, offering concentration, meditation and even white noise for mindfulness, meditation, relaxation, sleep, and rest. Freegal offers access to 15 million songs, including Sony Music's catalog of legendary artists. Download up to five songs or videos per week with a 24-streaming-per-day limit.

Universal Class® offers more than 500 free online courses on a wide range of subjects and levels including Time Management, Decision Making Skills, Emotional Intelligence, How to Improve Your Concentration, Relaxation, and more. Courses are available 24/7 and are instructor-led and self-paced. Some courses offer continuing education units.

Thousands of free Audio and eBooks are available, including *The Organized Mind*, Daniel Levitin; *Surrounded by Idiots*, Author Thomas Erikson; *You, Happier*, Daniel Amen; and *Stop Overthinking*, Nick Trenton.

Military OneSource counselors are available for free, short-term, confidential non-medical counseling services for a wide range of issues, including relationship conflicts, stress management, coping with loss and managing deployments. Sessions can take place in person, over the phone or via secure video or online chat.

The Department of Defense's Military OneSource provides trusted information, answers and support on every aspect of military life 24/7/365 — private non-medical counseling and a range of specialty consultations are available at no cost to active duty, National Guard, reserve members (regardless of activation status), their families and survivors. Learn more at www.MilitaryOneSource.mil or call 800-342-9647.