

Reunion & Reintegration Checklist

☐ Education and employment

- Know your protections as a National Guard or reserve member under the [Uniformed Services Employment and Reemployment Rights Act](#) and explore [Employer Support of the Guard and Reserve](#).
- [Find out more](#) about National Guard and reserve reintegration support including health care, education, employment and other financial and legal benefits.
- Discover professional coaching for every stage of your career path and resources for full-time, part-time and flexible work options for military spouses with the [SpouseWorks \(formerly SECO\) program](#).
- Explore options for expanding your knowledge, enhancing your skills and finding flexible education options with [education specialty coaching](#).

☐ Finances and administrative affairs

- Review your income and budget after a deployment. Adjust to reflect changes in income, including the end of special pay, allowances or combat zone tax exclusions.
- Explore these [financial affairs tips](#), and take advantage of free support programs for help with finances, budgeting, savings, retirement and large purchases.
- [Revisit personal affairs](#) and consider updating documents like powers of attorney, wills, life insurance beneficiaries and your family care plan.

☐ Mental health support and confidential counseling

- [Learn the signs](#) that you or your loved one may be struggling with anxiety, depression,

combat stress or other mental health issues during reintegration and understand that help is available.

- Know that it's OK to get mental health support, and hear more about efforts to encourage [help-seeking and mental health care in the military](#), where to go for help and how members of the military community can support one another. Access [free, confidential counseling](#) for service members and families to help with parenting and relationship issues, financial questions, deployment adjustments and more.
- Call Military OneSource at [800-342-9647](#), use [OCONUS dialing options](#) or [log in to secure live chat](#).
- Call the [Veterans/Military Crisis Line](#) at 988 and press 1. You can access their online chat by texting 838255.

☐ Military leave

- Allow yourself some time to rest and adjust after deployment. Explore a variety of options with [Morale, Welfare and Recreation](#) for taking some well-deserved leave, and talk to your family and loved ones about what is best.
- Be sure to check with your chain of command or administrative office to understand your specific leave options that you are eligible for post-deployment. Familiarize yourself with the rules around [military leave](#) and any special provisions that may apply.

☐ Personal security and unit to-dos

- Complete your required health assessments upon return from deployment, and visit the [Psychological Health Center of Excellence](#) website to learn more.
- Review [operations security guidelines](#) for guidance on what can and cannot be shared about the deployment.

☐ Relationships

- Understand that relationships may have changed during your time away; be flexible and patient as you readjust.
- Communicate openly, sharing only what you're comfortable with, since talking about what happened during deployment can be difficult.
- Take time to get reacquainted and try [these tips](#) for how to communicate successfully

as a couple.

- Practice intentional communication in your daily routine with [Love Every Day](#), a free text-based relationship resilience tool. Log in to your Military OneSource account to get started.
- Strengthen your relationships with family, friends and others with personalized support with a [Building Healthy Relationships Specialty Consultation](#).
- Tap into these [relationship tools and resources](#) to Military OneSource to help with open and honest communication.
- Get help connecting with others and overcome feelings of loneliness following a deployment with coaching, counseling and [these support resources](#).

☐ Reunion expectations, communication and household changes

- Set realistic expectations about reunion and reintegration, and [hear how others have handled this unique military experience](#).
- Adjust to reintegration at your own pace. If needed, communicate personal space or time for yourself through this transition. Plan activities that help you reconnect, like dinners, outings or one-on-one and small group hangouts with friends and loved ones when you are ready.
- Acknowledge that your household may operate differently now that deployment is over. Adjust family activities as needed.
- Be open to change. Talk with your loved ones about responsibilities and chores, and set new expectations based on everyone's needs.
- Engage in fun, simple activities with your children, encourage them to express their thoughts and emotions, and remain flexible with routines, offering support as needed.
- Find military homecoming tips, resources and videos to support children and loved ones reconnecting after a deployment with [Sesame Street for Military Families](#).

☐ Veteran benefits and entitlements

- Visit the [Department of Veterans Affairs](#) website for more information on the different programs, eligibility criteria and how to apply for a wide range of veteran benefits and entitlements including disability benefits, home loans, health care, pensions and more.
- Take advantage of [Military OneSource services](#) and free [Transitioning Veterans Consultations](#) for education, training, job help, health, housing and assistance — for

up to 365 days after your transition.

- Acknowledge any emotions you might experience after a deployment and transition to civilian life. If these feelings persist or interfere with daily life, talking out stressors with a [peer-to-peer support specialist](#) can be beneficial.
- Seek out veteran groups, whether online or in person. Connecting with people who have similar experiences can offer a sense of camaraderie and help you navigate this new chapter.