



Military OneSource Educational Materials for

# Family Maltreatment

## Booklets

- Bouncing Back: Staying Resilient through the Challenges of Life

## CDs

- Finding Strength in Family and Community
- Managing Stress
- Positive Discipline
- Staying Strong as a Couple
- When Someone You Love Has a Drinking Problem

## Articles

- A Cry for Help: How to Recognize Elder Abuse
- Building Trust
- Building Your Self-Esteem in Adulthood
- Child Sexual Abuse: Know the Warning Signs
- Choosing a Counselor or Therapist
- Communicating as a Couple
- Coping with Jealousy and Possessiveness in a Relationship
- Coping with Unresolved Grief
- Dealing with Anger
- Depression
- Domestic Violence and Where to Find Help
- Ending an Abusive Relationship

- Face to Face Counseling Through Military OneSource
- Fighting Fairly
- Finding Support in a Crisis When You Feel Alone
- Helping Your Child Learn to Deal with Anger
- If There's Been an Affair in Your Relationship
- Managing Stress
- Marital Stress: Bad for a Woman's Heart
- Q & A for Children of Alcoholics
- Recognizing and Dealing with Verbal Abuse
- Recognizing Sexual Abuse in Children
- Recognizing the Warning Signs of Teen Violence
- Recovering from Sexual Assault
- Resolving Conflicts at Work and at Home
- Support Groups for Family and Friends of Substance Abuse
- Taking Care of Yourself
- Toxic Tears: How Crying Keeps You Healthy
- Using a Support Group
- When a Couple is Under Stress
- When Someone You Care About is a Victim of Sexual Abuse
- What Military OneSource Can Do for You
- When You're the Victim of a Crime
- When You Suspect an Older Adult Is Abused

Military OneSource is provided at no cost by the Department of Defense to all active duty, Guard, Reserve members, and their families. The 24/7 service provides information and referrals plus private, local face-to-face counseling. Call 1-800-342-9647 or access [www.militaryonesource.com](http://www.militaryonesource.com). (Visit our Web site for overseas, Spanish, and hearing impaired toll free telephone numbers.)

More educational materials related to this topic may be available from Military OneSource.