



Are you a current member of the Army, Navy, Air Force, Marines, National Guard or Reserves and seeking assistance?

[Vermont National Guard Family Assistance Center](#)

Are you a military family experiencing a crisis?

The [Red Cross relays urgent messages](#) to service members stationed anywhere in the world, including on ships at sea and at embassies and remote locations.

Are you a current or former member of the armed forces with questions about pay issues?

[Defense Finance and Accounting Service](#)

Are you a member of the military, family member, or retiree who has questions about your TRICARE health insurance?

[TRICARE](#)

Are you a member of the National Guard or Reserves or an employer with questions about balancing work and military service?

[Employer Support of the Guard and Reserves](#)

If you need further information or assistance,
please do not hesitate to contact me:

30 Main Street, Suite 350
Burlington, Vermont, 05401
Phone: 888-605-7270
E-mail: [Click here](#)

