

**Let us help you
take care of yourself
and your loved ones.**



**Call on us at:
(866) 251-2913**

or visit:
www.ct.gov/msp



**SUPPORT
FOR OUR TROOPS
AND THEIR FAMILIES**



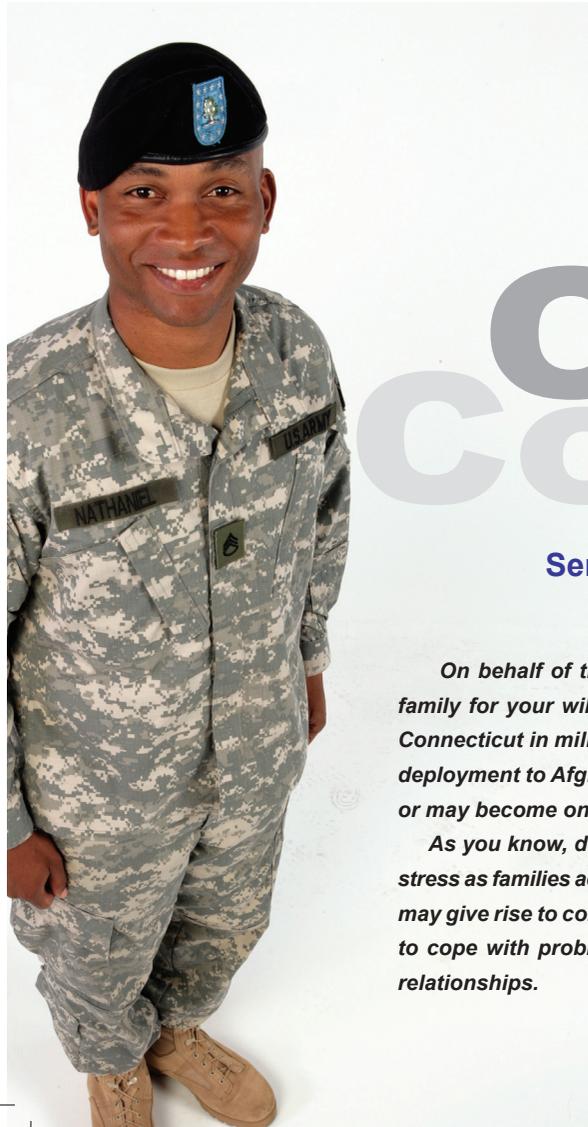
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Our Heroes

Connecticut's service members and their families make sacrifices for the people of our state and nation. They all deserve our great respect and gratitude.



The Connecticut Military Support Program (MSP) offers free, confidential and timely counseling services to service members *and* their families.

You may get help with:

- Relationship and family issues
- Stress related to Deployment, Combat and Reintegration
- Child and youth issues
- Substance abuse
- Depression and anxiety

Who is eligible for support?

Reserve Component Service members who are awaiting deployment to, currently a part of, or back home from Operation Enduring Freedom or Operation Iraqi Freedom, and their:

- Spouses
- Significant others
- Teens
- Kids
- Siblings
- Parents
- Grandparents

The following information and referral services are free and confidential:

- Family Readiness Group Meetings
- Veteran's benefits
- Education services
- State benefits and entitlements
- VA Healthcare

Our Commitment

Serving Connecticut's Citizen Soldiers *and* Their Families.

On behalf of the citizens of our state, I thank you and your family for your willingness to serve our nation and the State of Connecticut in military service. For many of you, the prospect of deployment to Afghanistan or Iraq has been a challenging reality, or may become one if you are required to go.

As you know, deployment ushers in a period of transition and stress as families adjust to the change. The deployment adjustment may give rise to complicated issues as families and couples strive to cope with problems related to parenting, finances, jobs, and relationships.

I want to assure you that the feelings and thoughts you may be having are expected. We know that during this time, many of you might benefit from assistance in coping with issues on the home front. The State of Connecticut has developed the Military Support Program designed to assist you and your family as you prepare for deployment, while you are away, and upon your return to civilian life.

M. Jodi Rell
Governor

