



If you're looking for...

Spiritual support



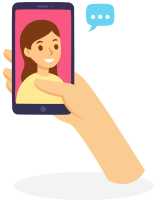
The chaplains are posting pastoral messages, prayers and videos to their [Facebook](#) page. You can find your local chaplain [here](#).

Something just for fun



The USCG Band has launched a Virtual Concert Hall. Check the band's [Facebook](#) page for upcoming performances and in-home concerts.

Help with stress



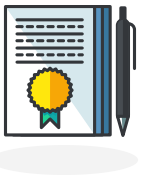
Our Employee Assistance Program, [CG SUPRT](#), will set you up with a licensed clinician for 12 free counseling sessions via video or phone.

A hand with money



Meet with [CG SUPRT](#) or a USCG [Personal Financial Specialist](#). If you need a loan, reach out to [CGMA](#). Find more resources [here](#).

Help extending your lease



Try asking [Coast Guard Legal Assistance](#) for legal guidance.

All of the above, and more



Check-in with your [Coast Guard Ombudsman](#) and the [HSWL app](#).



STAY INFORMED DURING CORONAVIRUS (COVID-19):

<https://www.uscg.mil/coronavirus/>