

# Resources to Support Service Member Financial Well-Being

## Coast Guard Resources

[Personal Financial Managers](#) (PFM) can assist with financial resources, education, and counseling. PFMs are a part of the Work-Life staff at each Health, Safety, and Work-Life Regional Practice (HSWL-RP). If a PFM is not available at your location, please reach out to your unit's Command Financial Specialist or [CG SUPRT](#) Money coach.

## CG SUPRT

CG SUPRT provides comprehensive information on every aspect of military life at no cost to service members and their families. In addition to website support, the CG SUPRT Program is a professionally staffed service that is available 24/7 offering online support for consultations on a wide range of issues from everyday concerns to deployment-related issues. The purpose of CG SUPRT is to assist CG employees with a wide range of mental health and other life concerns, such as depression, relationship issues, and work stress, which may impact their ability to perform on the job and/or the family. You can visit CG SUPRT online at [www.CGSUPRT.com](http://www.CGSUPRT.com) or Call 1-855-CG-SUPRT (247-8778) at any time.

## Defense Department Resources

### Office of Financial Readiness

[Installation Military and Family Support Centers](#) provide a number of support programs and can assist with identifying local resources. Installation personal financial managers are available to answer questions and conduct unit presentations or briefings. These nationally accredited professionals help service members and families address personal financial circumstances and provide education and referrals.



The Defense Department Office of Financial Readiness website provides multiple digital resources to help service members achieve financial well-being.



<https://finred.usalearning.gov>



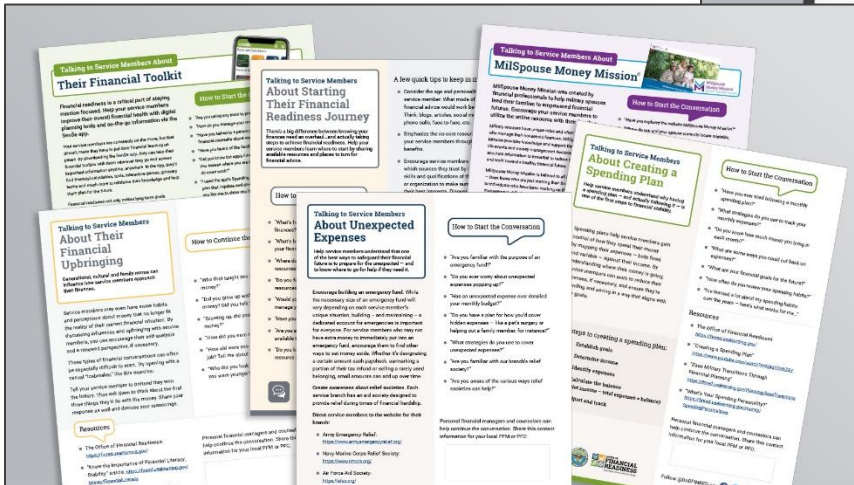
<https://www.milspousemoneymission.org>

# SEN\$E

Download the Sen\$e mobile app from Google Play or the iOS app store.

Access financial resources to support your mission of helping service members achieve financial well-being.

Under the Service Providers & Leaders tab of [Finred.usalearning.gov](https://finred.usalearning.gov), you will find tools to help you develop your social media messaging, keep up with policies and laws, and print leader cards with more financial discussion questions to help continue the conversation.



## Additional Resources

1. [Financial Readiness Promotional Poster](#)
2. [Road to Financial Readiness Infographic](#)
3. [Dollars and Sense Simulation](#)
4. [Financial Calculators](#)
5. [Grab a Bagful of Savings Infographic](#)
6. [Pizza and Drinks Infographic](#)



For questions, information and resources on military compensation, direct service members to <https://militarypay.defense.gov/>. Information on the [Blended Retirement System](#), [types of pay](#), [benefits](#) and planning [calculators](#) is available.

The military services provide comprehensive financial education training and resources to assist service members and families achieve financial well-being.

- Coast Guard: [Financial Touchpoint Training](#)  
The Coast Guard has comprehensive financial literacy training delivered through the Personal Financial Management Program, which is accessible on the CG [Learning Management System](#) (LMS) or you can find the Coast Guard Financial Touchpoint Curriculum on the [FINRED website, Coast Guard Resource Page](#).
- Army [Financial Frontline](#)  
The official Army's Financial Readiness Program website, Financial Frontline, is an open-source educational platform for all soldiers, family members, service leaders and providers. The website is designed to be self-service with access to financial readiness resources tied to personal and professional milestones throughout a soldier's and family member's life cycle, as well as access to the latest policies, laws and layers of support to assist the total Army in making positive financial decisions.
- Marine Corps [MarineNet](#)  
The Marine Corps provides its leaders with training materials located in the Instructor-Led Courses (Moodle) section. Search for Personal Financial Management. The Leaders Training materials are located on the Financial Education Action Points page. Topics include: The Need for Personal Financial Management, Financial Warning Signs and Military Retirement.
- [Navy Touchpoint Curriculum Leadership Training](#)  
The Leadership Training curriculum prepares sailors for financial readiness as they venture into leadership roles. Taking on a leadership role in the Navy comes with many responsibilities – one of which is to ensure financial readiness in order to sustain mission readiness. This curriculum helps leaders understand the financial challenges they may start seeing in this role.
- [Air Force Touchpoint Curriculum Training](#)  
Air and Space professionals can complete the required training through the MyVector link. The curriculum helps them navigate to a successful financial future.

## Federal Agency Resources

- The Defense Department is a part of the Financial Literacy Education Commission and collaborates with many of the federal agencies in coordinating and strengthening capabilities to achieve financial well-being. Many of the agency websites provide resources targeted to support financial education for service members and families.
- <https://www.mymoney.gov>
- [Consumer Financial Protection Bureau Office of Servicemember Affairs](#)
- <https://www.militaryconsumer.gov>
- <https://www.sec.gov>

