

Are you a reservist, National Guard member, or a family member of a reservist or National Guard member? Have you or a loved one recently been called up for active duty? Do you have questions about your healthcare plan, your pay, your pension, or are you looking to join a local support group? Here's some more information:

Links Families May Find Useful

- [Reservist Family Benefit Handbook](#) (.pdf format)
- [Predeployment Guide: A Plan For Coping](#)
- [National Committee for Employer Support of the Guard and Reserve](#)
- [Office of the Secretary of Defense: Reserve Affairs](#)

Benefits & Legal Protections

- [TRICARE \(Health Benefits\)](#)
- [Defense Enrollment Eligibility Reporting System \(DEERS\)](#)
- [Servicemember's Civil Relief Act \(SCRA\)](#)
- [Employee Rights](#)
- [Life Insurance](#)
- [FAQ's](#)

Family & Individual Help

- [Oregon Army National Guard Emergency Relief Fund](#) , P.O. Box 14350, Salem, OR 97309
- [Return & Reunion](#)
- [Legal Services](#)

- [Red Cross](#)
- [Army Family Liason](#)
- [Debunking the myths surrounding camel spiders](#)
- [more...](#)

Pay & Withholdings

- [Pay](#) (PDF format)
- [Tax](#) Policies and Facts
- [more](#)

Education

- [Montgomery G.I. bill](#)
- [Reserve Education Benefits User's guide](#)
- [Reserve Education Assistance Program](#)

Retirement

- [Retirement System](#)
- [Retired Pay](#)

Join the Reserve or National Guard

- [Ready Reserve](#)
- [Army Reserve](#)
- [Naval Reserve](#)
- [Air Force Reserve](#)
- [Marine Forces Reserve](#)
- [Coast Guard Reserve](#)
- [National Guard](#)

