

Version 3.1



**ROAD TO
YOUR
FUTURE**

NATIONALGUARD.COM | 1-800-GO-GUARD

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PAY CHART

Enlisted Rank			
Rank	Drill Pay	Annual Training	Total Annual Income
E-1	\$ 268	\$ 1008	\$ 4,236
E-2	\$ 301	\$ 1130	\$ 4,748
E-3	\$ 357	\$ 1,340	\$ 5,628
E-4	\$ 408	\$ 1,533	\$ 6,439
E-5	\$ 448	\$ 1,682	\$ 7,067
E-6	\$ 520	\$ 1,952	\$ 8,200

- * Pay is average based on **2024** numbers
- * Annual Training could include travel pay
- * Total Annual income is Drill Pay X 12 + Annual Training

Pay Stubs
www.mypay.dfas.mil

PAY CHART

Officer Rank			
Rank	Drill Pay	Annual Training	Total Annual Income
O-1	\$ 561	\$ 2,104	\$ 8,836
O-2	\$ 728	\$ 2,729	\$ 11,465

- * Pay is average based on **2024** numbers with over 3 years of service
- * Annual Training could include travel pay
- * Total Annual income is Drill Pay X 12 + Annual Training

Warrant Officer Rank			
Rank	Drill Pay	Annual Training	Total Annual Income
WO1	\$ 689	\$ 2,585	\$ 10,853
CW2	\$ 775	\$ 2,908	\$ 12,208

- * Enlisted pay is based on average pay and Warrant Officer pay is based on ten years time in service
- * E7s and above with two years time in grade (TIG) are promoted to CW2 after completion of Warrant Officer Basic Course
- * Enlisted Soldiers will never make less money as a Warrant Officer due to Save Pay

Pay Stubs
www.mypay.dfas.mil

THE BLENDED RETIREMENT SYSTEM

1 Thrift Savings Plan Automatic & Matching Contributions

You Contribute	DoD Auto Contribution	DoD Matches	Total
0%	1%	0%	1%
1%	1%	1%	3%
2%	1%	2%	5%
3%	1%	3%	7%
4%	1%	3.5%	8.5%
5%	1%	4%	10%

- DoD Auto Contribution starts after 60 days
- DoD Matches start at beginning of 3rd year of service
- Fully vested – it's yours to keep – after 2 year of service

2 Continuation Pay

- Incentive payable between 8-12 YOS
 - * Must extend for 4 or more years
- 4 Months Pay for traditional Soldiers
 - * 2.5 Months Pay for active-duty

3 Full Retired Pay

- $2.0\% \times \text{YOS} \times \text{Retired Base Pay}$
- E7 with 20 years of service on average will receive \$15,000 a year

4 Lump Sum Option

- Receive 25% or 50% at start of retirement payments until age 67.
 - * At age 67 payments return to 100%

THRIFT SAVINGS PLAN(TSP)

The TSP is a defined contribution plan, meaning that the retirement income you receive from your TSP account will depend on how much you (and your agency, if you are eligible to receive agency contributions) put into your account during your working years and the earnings accumulated over that time.



If you contribute...	20 years From now	30 years From now	40 years From now
\$30 per month	\$13,860	\$30,135	\$59,745
\$45 per month	\$20,790	\$45,200	\$89,615
\$120 per month	\$55,445	\$120,540	\$238,980
\$210 per month	\$97,030	\$210,950	\$418,215
\$240 per month	\$110,890	\$241,085	\$477,955
* All figures assume a 6% annual rate of return compounded monthly			

STEPS TO MAKE YOUR MONEY WORK FOR YOU

- Pre-taxed/tax-deferred options
- Choose your investment options
- Easy to contribute with automatic deductions
- Take your money with you if you transition...
- ...or keep it in TSP until you retire

1-877-968-3778

www.mypay.dfas.mil (enrollment)
www.tsp.gov (modify or manage)

MILITARY ONESOURCE



MilTax
FREE TAX SERVICES

- FREE e-filing tax software to account for MilLife – everything from multiple moves to combat pay
- FREE support from MilLife consultants, specially trained in complex tax situations
- Prep and file anytime, anywhere and save your progress as you go.
- Software calculations are 100% accurate, guaranteed by the software provider.

TAKE COMMAND OF YOUR TAXES.

To get started, visit MilitaryOneSource.mil
or call 800-342-9647 to schedule a consultation.



MilTax is a benefit provided by the Defense Department exclusively for eligible service members and family members through Military OneSource.

MONEY

TAX BENEFITS

MILITARY PAY STATE TAX EXEMPTION

***For Indiana Residence Only**

Members of the National Guard are allowed a deduction from adjusted gross income for wages. This includes wages earned as a military technician (dual status).



Some examples of income not exempt from taxation include:



- Wages earned as a federal civilian employee that are not earned as a military technician (dual status)
- Income received as an independent contractor
- Wages earned from employment that are not paid to the member for service in the reserve component or the National Guard



MAKE THE MOST OF YOUR MONEY

The Office of Financial Readiness Program offers Personal Financial Counselors (PFCs) to help you and your family manage finances, resolve financial problems and reach long-term goals such as getting an education, buying a home and planning for retirement.

Support and Counseling Services

- Confidential financial consultations for individuals and families
 - Referrals to military and community resources
 - Support for service and family members during all stages of the deployment cycle
 - Help with credit management and budgeting
 - Assistance with navigating benefits
 - Advocacy information and support
- *Locations through-out the state

Personal Financial Counseling services are no cost, private and confidential.



OFFICE OF
**FINANCIAL
READINESS**

Financially Secure, Mission Ready

INDIANAPOLIS

Mark Fiddler, AFC®

616-204-3064

pfc.indianapolis@magellanfederal.com

TRAINING AND WORKSHOPS

- Financial Planning for Deployment
- Developing Your Spending Plan
- Retirement Planning
- Life After Deployment
- Saving and Investing
- Managing Credit and Debt
- Stretching Your Money
- Military Benefits, Pay and Entitlements
- Strategies for Home Buying
- Thrift Savings Plan (TSP)
- Tax Preparation
- Personal Finance Counselors (PFC) Services Overview
- Blended Retirement System (BRS)

Personal Financial Counseling services are no cost, private and confidential.



OFFICE OF

**FINANCIAL
READINESS**

Financially Secure, Mission Ready

Follow the Office of Financial Readiness

<https://www.facebook.com/DoDFINRED>

<https://www.instagram.com/DoDFINRED>

<https://www.youtube.com/channel/UCg0MPnnOV4wVimcGH1i-T8Q>

WORK FOR WARRIORS



Military Skills Translation

Translate your unique skill set gained in the military into practical, transferable skills for the civilian workforce.



Resume Assistance

Receive guidance and support for crafting a standout resume that effectively showcases your skills, experiences, and achievements.



Interview Techniques

Learn techniques to confidently navigate any job interview and leave a lasting impression on potential employers



Customized Job Search

Receive job search assistance that is tailored to your skills and preferences, ensuring you discover and pursue opportunities that align with your career goals.

Contact Us:



ng.in.inarng.mesg.employment@army.mil



(317) 247-3300 ext. 75258

Register on our website:

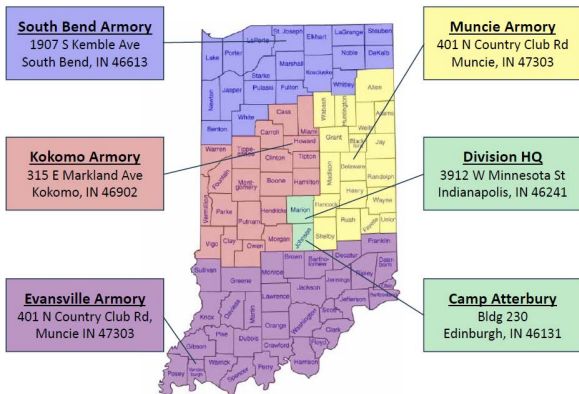
www.WorkForWarriorsIN.org

OR Scan Here:



WORK FOR WARRIORS

Work For Warriors



Work For Warriors supports service members and their families with personalized employment assistance including resume building and interview preparation.

They then act as a liaison between applicants and employers, facilitating connections that lead to meaningful job opportunities.

WorkforWarriorsIN.org



WHO CAN PARTICIPATE?

Members of the Selected Reserve (and their families) who meet the following qualifications:

- Not on active duty orders
- Not covered under the Transitional Assistance Management Program (TAMP)
- Not eligible for or enrolled in the Federal Employees Health Benefits (FEHB) program

WHEN CAN YOU ENROLL?

- Traditional Service Members (SM) can enroll at anytime - Changes must be made within 90 days of qualifying life event (QLE).
- If you are deactivating off orders.
- During Open Enrollment - mid November, yearly.

WHAT YOU PAY

- Monthly premiums, annual deductible & cost share (or percentage) for covered services, catastrophic cap of \$1288

TRICARE RESERVE SELECT

(Prices subject to change, based on 2025 prices)

- Members only = \$53.80/mo. • Members & Family = \$274.48/mo.

TRICARE DENTAL PROGRAM

(Through United Concordia, prices through FEB 2025)

- Members only = \$30.25/mo. • Members & Family = \$78.64/mo.

1-800-444-5445 (Tricare) | 317-247-3300 x77063 (State Rep)
www.tricare.mil

LIFE INSURANCE

SERVICE MEMBERS GROUP LIFE INSURANCE (SGLI)

- Up to \$500k for service member
- Max amount is only \$30/mo.
- SGLI coverage is available in \$50k increments up to the maximum of \$500k

Coverage Amount	Monthly Premium
\$500,000	\$30.00
\$450,000	\$27.00
\$400,000	\$24.00
\$350,000	\$21.00
\$300,000	\$18.00
\$250,000	\$15.00
\$200,000	\$12.00
\$150,000	\$9.00
\$100,000	\$6.00
\$50,000	\$3.00

- SGLI offers low-cost term coverage to eligible service members. The U.S. Department of Veteran's Affairs (VA) provides life insurance as an important benefit to assist with securing the financial future of eligible members families.
- The SGLI maximum coverage amount will increase to \$500,000 effective March 1, 2023.
- This increase will occur automatically for service member eligible for SGLI coverage, including those who previously declined SGLI coverage.

**Contact your unit to get enrolled or
change your coverage.
benefits.va.gov/insurance/sgli**

LIFE INSURANCE

SPOUSAL SGLI

- Up to \$100,000 for spouses
- Starts at \$0.45 for spouses
- Family Service Members Group Life Insurance (FSGLI) coverage is available in increments of \$10,000. You pay a premium for your spouse's coverage, which increases as your spouse ages. Coverage for your child is provided at no cost until the child is 18, unless the child is a full-time student or becomes permanently and total-ly disabled and incapable of self-support prior to age 18.
- Increases in SGLI coverage will not impact a service member's current coverage for spouses. All FSGLI spousal coverage elections will remain unchanged with the increase in SGLI coverage.
- Trauma Service Members Group Life Insurance (TSGLI): For Service member who already had SGLI coverage, in any amount, there will be no impact on TSGLI coverage since TSGLI is automatic with SGLI coverage. However, service members who declined SGLI coverage previously, will now automatically also have TSGLI coverage at cost of \$1 a month.

**Contact your unit to get enrolled or
change your coverage.
benefits.va.gov/insurance/sqli**



NATIONAL GUARD ASSOCIATION OF INDIANA

INSURANCE

Offers representation at the Indiana State House and Capitol Hill, professional development opportunities and Insurance

\$10,000 Life Insurance Plan for new Guard members: This plan is free for the first year to new members of the Guard.

\$10,000 Life Insurance Plan for existing Guard members: This plan will only cost \$3.66 per month. Coverage can go up to \$50,000 and may cover family members too.

Educational Grants: MINIMUM of ten \$1,000 educational grants per year. The student can be enrolled in any post-secondary educational program, does not have to be a degree seeking program. Check goes directly to the student not the school, to be used as they see fit.

Additional Insurances: Access to Telehealth, Dental and Vision Insurance, Home and Auto Insurance, Pet Insurance, and Medical Insurance

Travel discounts to include: hotel and car rentals, entertainment, legal services, and home loan assistance

State Sponsor Life Insurance (SSLI): \$10,000 - \$50,000 in life insurance that pays out within 24-48 hours, can be kept when leaving the guard and the premium does not increase, \$10,000 free for the first year then can be kept for \$3.66 per month, can be an allotment from drill pay

1-800-462-7441 | www.ngai.net

DEFENSE ACTIVITY FOR NON-TRADITIONAL EDUCATION SUPPORT (DANTES)

What Is It?

DANTES provides numerous programs and services to assist service members seeking to further their education goals and objectives.

How Do I Qualify?

Be an active drilling member of the ARNG



What Do I Get?

- Free college credit equivalency exams through CLEP and DSST
- OASC Test/college prep materials
- Joint Services Transcript
- TA Decide: Online college comparison tool
- Career Path Decide: Access to information about civilian careers as well as available education and professional development opportunities.
- Kuder Journey: Interest and skills assessment tool

**For More Information:
Contact the INNG Education
Services Team**

317-964-7023 OR
ng.in.inarng.list.j1arp-eds@army.mil



**DoD VoEd
PROGRAMS**

Visit Us Online:

education.nationalguard.in.gov

**HOW DO
I APPLY?**

To apply scan
the QR code!!



EDUCATION

INARNG EDUCATION PROGRAMS AND SERVICES

CONTACT YOUR STATE EDUCATION SERVICES OFFICE

To get started on your college/career journey, contact your state education office to obtain education counseling and assistance.

Federal Tuition Assistance (FTA)

May be used to earn one degree at each of the following levels:
Associates, Bachelor's and Master's

- Pays tuition costs up to \$250 per semester hour, up to 16 SHs and up to \$4,000 per fiscal year (Max TA and CA)

National Guard Supplemental Grant (NGSG)

Guarantees up to 100% of tuition will be funded the State of Indiana for eligible members of the Indiana National Guard for Indiana Public Colleges and Universities

- The NGSG covers tuition and regularly assessed fees; not room and board or textbooks
- NOTE: As of 1 July 2023, NGSG covers up to \$5,000 per year at Indiana Private and Non-Profit Colleges and Universities

Credentialing Assistance (CA)

Pays tuition, fees, books, and exam costs for any credential listed on the Army COOL web site, www.cool.osd.mil/army Soldiers may use up to \$4,000 per fiscal year (Max TA and CA)

Registered Apprenticeship

A combination of on-the-job training (OJT) and related classroom instruction provided under supervision of a trade professional, journeyman-level, or craftsman in which workers learn practical and theoretical aspects of highly skilled

GI Bill® Programs

- MGIB-SR/Chapter 1606 and Kicker
- Post 9/11 GI Bill/Chapter 33 and TEB
- Up to 100% of in-state tuition at public schools, books and fees occupation.

ng.in.inarng.list.j1arp-eds@mail.mil
nationalguard.com/education

OFFICER CANDIDATE SCHOOL(OCS) REQUIREMENTS



- Commission prior to 42nd birthday
- Receive an interim security clearance
- Have a minimum GT score of 110
- Pass a Chapter 2 Physical
- Must have 90 college credits and actively seeking a college degree
- Commander's letter of recommendation
- Must have 90 days of OCAP before attending any course
- Three Courses to pick from
 - Federal OCS
 - NGB Accelerated OCS
 - State OCS

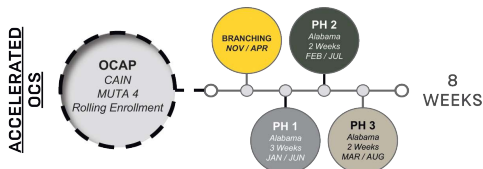


FEDERAL OCS

QUICK FACTS

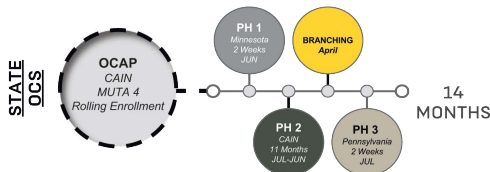
- 12 weeks long
- E5 pay during Federal OCS
- Starts every 3 weeks
- Must have Bachelors degree

ACCELERATED OCS



Program begins with OCAP enrollment, a preparatory program at CAIN structured to support candidate success through administrative support and quality training events. The OCS pipeline consists of three phases, spanning a total of eight weeks. The entire program is hosted at Fort McClellan, Alabama.

STATE OCS



Program begins with OCAP enrollment, a preparatory program at CAIN structured to support candidate success through administrative support and quality training events. The OCS pipeline consists of three phases, spanning a total of fourteen months. Phase 1 (15 Days) is hosted in Minnesota, Phase 2 is hosted at CAIN and facilitated by RTI staff, and Phase 3 hosted in Pennsylvania.

OCS

CAREER PATHS

WARRANT OFFICER CANDIDATE SCHOOL (WOCs)

BASIC ELIGIBILITY CRITERIA

- Army GT Score of 110 (No waiver)
- US Citizenship
- High School Graduate or have a GED
- FINAL Secret or Top Secret Security Clearance (Interim not accepted)
- Pass the ACFT (no alternate events) and meet height/weight standards
- Pass the commissioning physical for Technicians and/or the Class 1 flight physical for Aviators
- Age Requirements: Aspiring Technicians must be 46 years of age or less at the time of appointment to WO1. Aspiring Aviators must be older than 18, but not more than 32 years at the time of selection (both age requirements can be waived).



WO MOS Eligibility Criteria:

https://recruiting.army.mil/ISO/AWOR/ARMY_FEEDER/

WARRANT OFFICER CANDIDATE SCHOOL

Three main options:

1. RESERVE COMPONENT

- Two weeks - Phase 1
- Classes start March and October

2. ACTIVE COMPONENT

- Five continuous weeks conducted at Fort Rucker
- Classes begin each month but seats are limited

3. ACCELERATED COURSE

- Taken at Ft. McClellan, Alabama
- Two phase four week course

*Graduates of WOCS can accept an appointment to WO1 upon graduation or take a certificate of eligibility (COE)

*Certificates of eligibility are valid for five years and are used by AGR Soldiers until a position becomes available.

Warrant Officer Strength Manager (WOCS)

317-557-7942

ng.in.inarnng.list.rr-team-warrant@mail.mil

WOCS



CAREER PATHS



SOLDIER & FAMILY READINESS CENTERS



Financial Management
Crisis Intervention
Information & Referral
Benefits & Entitlements
Legal Assistance

Indiana National Guard's Soldier and Family Centers provide support to soldiers and military families for a full range of situations and problems that may arise in conjunction with military deployments or in the course of the member's service. We also provide services for veterans and for members of any branch of service.

We provide deployment and reunion briefings for all mobilizing units, and act as a one-stop shop for families looking for current, accurate information. Our Soldier and Family Readiness specialists conduct wellness calls to family members every 30 days during deployments to ensure that all family needs are being met. With 16 locations across the state of Indiana, our goal is to have 100 percent contact with every family through active outreach during a deployment.



Solder and Family Readiness Centers (SFRC) offer a place to receive reliable information and referrals. These services are structured to include service members of any branch or component, Family Members, Retirees, and DoD Civilian Employees. Resource and Referral services include, but are not limited to:

Community Information and Referral: Provides military and civilian resources through agencies, groups, private organizations, and/or clergy to solve or as-sist with resolving problems.

ID Cards & DEERS: Information and assistance for eligible family members to obtain identification (ID) cards and enroll in the Defense Enrollment Eligibility Reporting System (DEERS).

TRICARE: Health and Dental: Assistance in coordinating TRICARE enrollment, claims, and issues with the nearest Health Benefits Advisor, as well as provid-ing information on TRICARE and dental services.

Financial Management: Provide financial resource referrals. Grants are also available to eligible Service Members and Veterans.

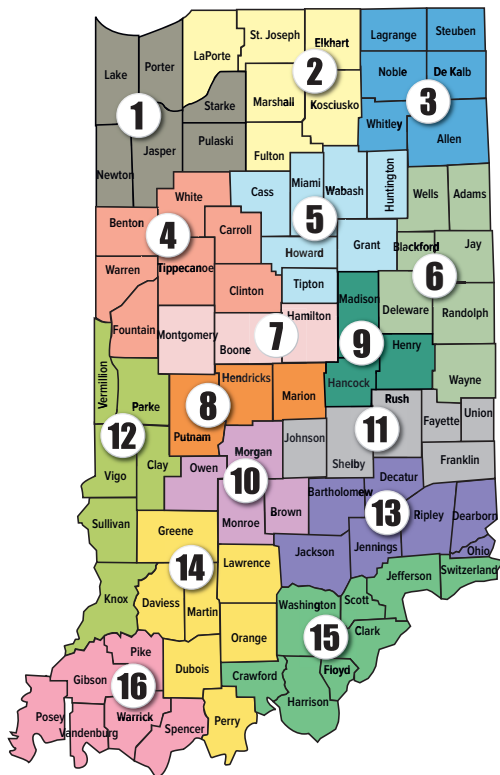
Crisis Intervention: Capable of identifying family crisis situ- ations, and provide immediate assistance to stabilize situations, and refer to appropriate resources for assistance.

Legal Assistance: Referral to local and state legal resources for assistance with legal matters.

Emergency Family Assistance Centers: Established in times of natural or man made disasters, operating 24/7, in order to support both service and family members.

Exceptional Family Member Program: A program to assist families who have members with learning and/or medical conditions that require specific treat-ment facilities, we help find facilities closest to them in order to meet those needs.

SOLDIER & FAMILY READINESS CENTER LOCATIONS



SFRC addresses and contact information
are located on the following page.

SFRC LOCATIONS

1. Gary Armory

2501 E. 15th Ave, Gary, IN 46402

Cell: 317-650-8319

Office: 317-247-3300 x 88053

2. South Bend Armory (Lead North)

1901 Kemble Ave, South Bend, IN 46613

Cell: 317-650-1334

Office: 317-247-3300 x 88854

3. Fort Wayne Armory

130 W. Cook Rd, Ft. Wayne, IN 46825

Cell: 317-650-8945

Office: 317-247-3300 x 87221

4. Lafayette Armory

5218 Haggerty Ln, Lafayette, IN 47905

Cell: 317-650-1498

Office: 317-247-3300 x 87516

5. Kokomo Armory

315 E. Markland Ave, Kokomo, IN 46902

Cell: 317-650-9409

Office: 317-247-3300 x 88179

6. Muncie Armory

401 N. Country Club Rd,

Muncie, IN 47303

Cell: 317-650-1859

Office: 317-247-3300 x 88661

7. 38th ID Armory

3912 W. Minnesota St, Indpls, IN 46241

Office: 317-247-3300 x 75252

8. Tyndall Armory

711 N. Pennsylvania St,

Indpls, IN 46204

Cell: 317-650-7750

Office: 317-247-3300 x 85449

9. Lawrence Armory

9920 E. 59th St, Indpls., IN 46216

Cell: 317-650-8412

Office: 317-247-3300 x 87697

10. Camp Atterbury (CAIN), BLD 343

5th North St, Camp Atterbury, IN 46124

Cell: 317-650-7741

Office: 317-247-3300 x 61341

11. Johnson County Armory

325 Minuteman Way, Franklin, IN 46131

Cell: 317-650-8366

Office: 317-247-3300 x 87752

12. Terre Haute Armory

3614 Maple Ave, Terre Haute, IN 47804

Cell: 317-499-6950

Office: 317-247-3300 x 88976

13. Columbus Armory

2160 Arnold St, Columbus, IN 47203

Cell: 317-650-7402

Office: 317-247-3300 x 85101

14. Jasper Armory

1481 Bartley St, Jasper, IN 47546

Cell: 317-650-1829

Office: 317-247-3300 x 87809

15. New Albany Armory

2909 Grant Line Rd,

New Albany, IN 47150

Cell: 317-650-7756

Office: 317-247-3300 x 88748

16. Evansville Armory (Lead South)

3300 E. Division St, Evansville, IN 47715

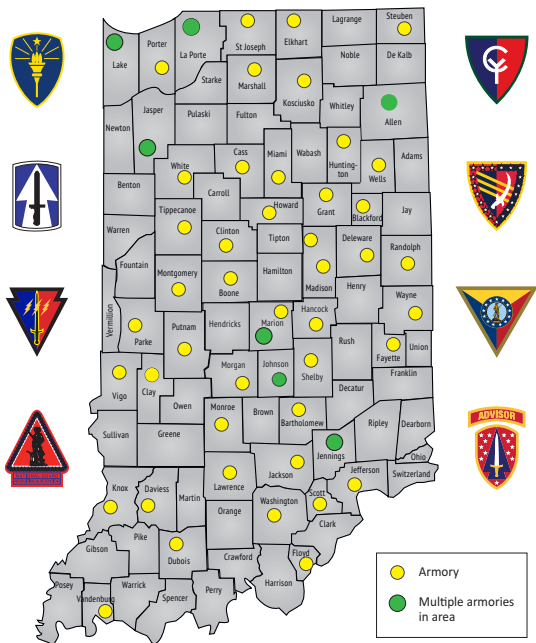
Cell: 317-650-7392

Office: 317-247-3300 x 87320

THE INDIANA NATIONAL GUARD CAN EVOLVE WITH YOU.

Change MOS, transfer, or new opportunities.

TRANSFERS / MOS / PROMOTIONS



Contact your Strength Manager
(Retention NCO) for more information

TABLE 6-1

Time in grade, time in service, Distributed Leader Course, professional military education, and cumulative enlisted service for promotion board consideration

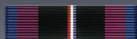
RANK	TIG	TIS	PME
SGT	12 Months	N/A	N/A
SSG	18 Months	N/A	BLC
SFC	36 Months	8 Years	ALC
MSG	36 Months	12 Years	SLC
SGM	36 Months	16 Years	MLC

* Reference AR 600-8-19

* Note - these standards are the minimum for eligibility for promotion

PME: Professional Military Education

Indiana Military Funeral Honors



*Honor the sacrifice
and commitment
of those who served.*



USEFUL RESOURCES

THE BLUF

- Perform honors that fit your schedule
- Get paid to train, prepare and perform honors
- Earn retirement points for each day worked.
- Earn the INARNG MFH Ribbon (Promotion Points)
- Earn the INARNG MFH Tab



NCOIC
317-696-5889

317-953-5715

INNG RESILIENCE RESOURCE TEXT LINE



1. Open the camera on your phone, hover over the QR code
2. Click on the link that appears on your screen.
3. A contact card will appear, click "SAVE" in the upper right hand corner to save the contact.

The State Resilience team presents a new Resource Text Line that allows Service Members to access any resource contact information from anywhere with a simple text.

INDIANA HOLISTIC HEALTH AND FITNESS



**Body
Composition
Analysis**



**Exercise Testing
and
Performance
Improvement**



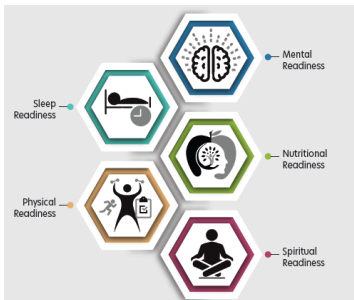
**Weight
Management
Metabolic
Testing**



**Stress
Management**

Who we serve:

Service Members of all Branches & Components
Service Member Dependents
DOD Civilian Employees | Retirees |
AGO State Employees



LIFE STYLE and FITNESS LIFEFIT

The LIFEFIT course is conducted four (4) times throughout the year. It is conducted in two phases - Phase 1 is ten (10) days and Phase 2 is five (5) days with approximately sixty days between Phase 1 and Phase 2. Students are instructed on all topics related to individual health and readiness; Physical, Nutritional, Menal, Spiritual, and Sleep. Attendance is required for J and K flagged Soldiers seeking re-enlistment waiver. Attendees utilize Annual Training funds for the course.

H2F CLINIC

The H2F Clinic is a two (2) day course conducted six (6) times through the year. The course is utilized to educated First Line Leaders, Master Fitness Trainers, Unit Fitness Trainers, and leadership at all levels on H2F resources and program integration at the unit level. The course serves as continuing education for school trained MFTs. Attendees complete the course on a split train status.



H2F Performance Centers

Camp Atterbury Performance Center

Fairbanks Street, Bldg. 341, Edinburg IN, 46124 Phone: 317-247-3300, Ext. 64325
Email: ng.in.inarnrg.mbx.j1-army-wellness-center@army.mil

Lawrence Performance Center*

Lawrence Armory

9920 East 59th Street, Lawrence IN, 46226 Phone: 317-247-3300, Ext. 87657

South Bend Performance Center

South Bend Armory

1901 Kemball Ave., Rm. 1421, South Bend, IN 46613 Phone: 317-247-3300, Ext. 88836

Stout Field Performance Center*

2002 S Holt Road, Bldg. 9, Indianapolis, IN 46241 Phone: 317-247-3300, Ext. 64325

EMPLOYER SUPPORT OF THE GUARD & RESERVE



ESGR, a Department of Defense program, was established in 1972 to promote cooperation and understanding between Reserve Component Service members and their civilian employers and to assist in the resolution of conflicts arising from an employee's military commitment.

ESGR understands the unique talents and skill set Guard and Reserve Service members can bring to the civilian workforce. To make this arrangement work, both parties must be aware of their rights and responsibilities under the Uniformed Services Employment and Reemployment Rights Act (USERRA).

1-800-336-4590 | www.esgr.mil

USEFUL WEBSITES...

American Red Cross: www.redcross.org

Army Wellness Center: ng.inwellness@mail.mil

Army Knowledge Online: www.army.mil

Connect to help 2-1-1: www.211.org

Crisis & Suicide Intervention Hotline (National): Phone:

1-800-273-8255 www.suicidepreventionlifeline.org

DEERS: www.dmdc.osd.mil

Defense Finance Accounting Services: www.dfas.mil

Department of Veterans Affairs, (U.S): www.indianapolis.va.gov

Employment Support of the Guard & Reserve: www.esgr.mil

Family Programs: www.in.ng.mil/FamilyPrograms

Indiana Benefits: www.in.gov/dva/2343.htm

Indiana Department of Veterans Affairs: www.in.gov/va Military

One Sources: www.militaryonesource.com

Sexual Assault Prevention and Response:

INARNG: 317-247-3172

Safe Helpline: 1-877-995-5247; www.safehelpline.org RAINN:

800-656-HOPE (4673); www.rainn.org

Family Resources: www.in.gov/indiana-nationalguard/troop-family-resources/

Psychological Health: ANG: 812-877-5726

www.in.gov/indiana-nationalguard/health-and-wellness/behavioral-health/

Substance Abuse Program: 812-526-1499x64335

www.in.gov/indiana-nationalguard/health-and-wellness/substance-abuse-prevention-program/

Career Center & Retention Office: 317-247-3300x72207

www.in.gov/indiana-nationalguard/troop-family-resources/incentives-and-retention/

The Salvation Army Central Territory (Indiana):

www.centralusa.salvationarmy.org/indiana

Township Trustees (Indiana): www.indianatownshipassoc.org

Veteran Service Officers (VSO): www.in.gov/dva/2370.htm

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