

# Support for Military Families on Health Journeys

Create a secure, private website to keep family, friends and those with whom you served, or are serving, updated during your health journey.

Visit [CaringBridge.org/military-service/](https://CaringBridge.org/military-service/)

*“Just know that there are people out there who care about you. And who will help you.”*

KEVIN AMUNDSON, former Army National Guard member, whose family used CaringBridge for support through Kevin's depression

## HOW CARINGBRIDGE HELPS

- Provide health updates once vs. constant emails, texts and calls.
- Receive messages of support from family and friends across the globe.
- Control your site's privacy settings and who has access.

CARING  BRIDGE ORG

*“ Writing on CaringBridge was my processing time. I could take in everything that happened in a day and put it back out there in a way that everyone who wanted to help could know what was going on.”*



AMY AMUNDSON, mom-turned-caregiver, said support that came through CaringBridge meant the world to her family

## YOU DECIDE WITH WHOM TO SHARE

You are in full control of your privacy choices and who is able to view what you share. CaringBridge is a global nonprofit based in Eagan, MN.

## START A SITE TODAY

It takes 3 minutes; use your smartphone, tablet, laptop or desktop computer

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