

### **Our Mission**

The American Red Cross, a humanitarian organization led by volunteers, guided by its Congressional Charter and the Fundamental Principles of the International Red Cross Movement, will provide relief to victims of disasters and help people prevent, prepare for, and respond to emergencies.

### **Support Your Red Cross**

The programs and services of the American Red Cross are made possible by the voluntary services and financial support of the American people. To volunteer your time or to make a financial donation, please contact the American Red Cross of the Quad Cities Area at (309) 743-2166 today.



## Armed Forces Emergency Services

American Red Cross  
of the Quad Cities Area  
1100 River Drive PO Box 888  
Moline, IL 61266-0888



## Armed Forces Emergency Services



*Do You Have a Loved  
One in the Military?*

American Red Cross of the Quad Cities Area  
1100 River Drive, PO Box 888  
Moline, Illinois 61265  
(309) 743-2166  
[www.qcredcross.org](http://www.qcredcross.org)

## The American Red Cross is Here to Help

### Did You Know....

- ◆ The American Red Cross can send emergency messages regarding the death or serious illness of a family member, the birth of a child, or other family emergency to service members stationed all over the world? These communications are delivered around-the-clock, seven days a week, 365 days a year. The American Red Cross is the only organization mandated to facilitate emergency communications for military members.
- ◆ The American Red Cross has licensed mental health professionals available for all military personnel and their families? These counselors can provide guidance, information, referrals, and other social needs.
- ◆ The Red Cross can also provide information on verification for emergency leave, extension of leave, deferments, compassionate reassignments, and dependency discharges.
- ◆ The Red Cross can provide emergency financial assistance for emergency travel, burial of a loved one, or urgent health and welfare needs.
- ◆ The Red Cross provides assistance to military veterans and their families.



symptoms, you are not alone. The Red Cross can help. You can call a Red Cross counselor at any time of the day or night and all assistance is provided to you free of charge.

The Red Cross can also give you information on community support groups that are available for military families at the Rock Island Arsenal.



Counseling is becoming increasingly important for military personnel and their families. It can be very stressful on a family when a loved one serving in the military is not present. Some of the symptoms of this stress include:

- ◆ Anxiety
- ◆ Uncontrollable crying
- ◆ Inability to cope with problems
- ◆ Feeling overwhelmed
- ◆ Depression
- ◆ Insomnia

Children also experience symptoms such as:

- ◆ Anger
- ◆ Temper tantrums
- ◆ Decreased attention span
- ◆ Declining grades and problems at school
- ◆ Irritability
- ◆ Substance abuse
- ◆ Sadness and uncontrollable crying

If you are experiencing any of these



**American  
Red Cross**

*Together, we can save a life*