

# *Unaccompanied, but not alone... FLO is with you, wherever you go!*

## Resources Available on FLO's Website

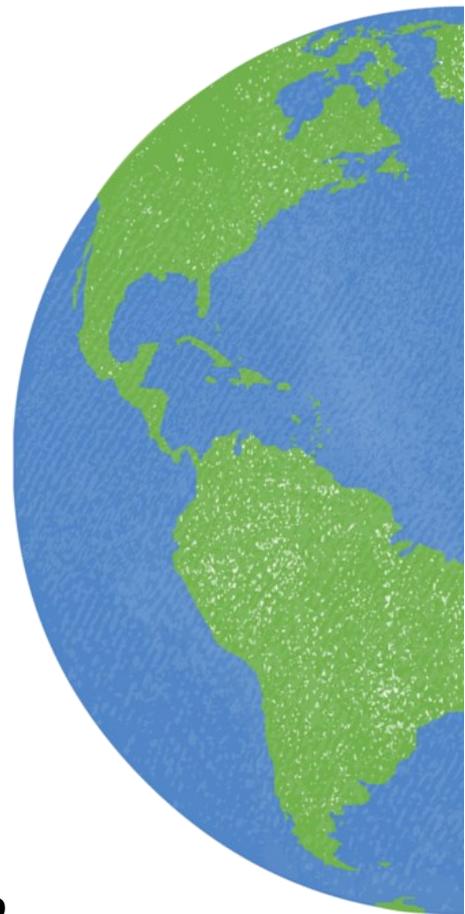
- Frequently Asked Questions about Allowances
- Involuntary Separate Maintenance Allowance (ISMA)
- Travel of Children of Separated Families (3 FAM 3750)
- Resources for Parents and Children

## Important Phone Numbers:

- Family Liaison Office (202) 647-1076
- Department of State Main Operator (202) 647-4000
- Department of State Operations Center  
(for emergencies only) (202) 647-1512



Family Liaison Office: [www.state.gov/flo](http://www.state.gov/flo)



## *Support Resources*

### UT Support Team

FLOaskUT@state.gov  
(202) 647-1076

Contact us with any questions or concerns before, during, or after your UT.

*Email FLOaskUT@state.gov to request the following forms:*

- **UT Contact Form**  
Receive communication from FLO about UT resources, programs, and services.
- **Children's Medals and Certificates of Recognition Nomination Form**  
If you are nearing the end of your tour, nominate your child for a medal and certificate. (Employees from all Foreign Affairs agencies are eligible to participate.)
- **Children's Age Appropriate Workbooks Order Form**  
These books are designed to help your children cope with separation.

### Foggy Bottom Rambles Blog

Foggybottomrambles.blogspot.com

FLO's blog features current events for UT families, webinars, resilience articles, *Tips from the Field*, and more.

### Overseas Briefing Center

[www.state.gov/m/fsi/tc/c6954.htm](http://www.state.gov/m/fsi/tc/c6954.htm)

Research life at overseas posts and find resources to help navigate the foreign affairs lifestyle.

### Employee Consultation Service (ECS)

[www.state.gov/m/dghr/flo/c21952.htm](http://www.state.gov/m/dghr/flo/c21952.htm)

(703) 812-2257

ECS offers employees free, confidential counseling with professional clinical social workers.

### USAID Staff Care

[Staffcare.usaid.gov](http://Staffcare.usaid.gov)

(877) 988-7243

Available 24/7, Staff Care provides free, confidential support by phone, email, or web to the USAID community. Call or log on to get started.

### WorkLife4You (formerly IQ)

[www.worklife4you.com](http://www.worklife4you.com)

Login: `statedepartment/`Password: `infoquest`  
(866) 552-4748

IQ is the U.S. Department of State's contracted resource and referral service. Find resources on schools, eldercare, legal services, and more. Specialists are available 24 hours a day, 7 days a week.

### Deployment Stress Management Program (DSMP)

[MEDDSMP@state.gov](mailto:MEDDSMP@state.gov)

(703) 875-4828

Managed by the Department of State's Bureau of Medical Services, the DSMP offers services in prevention, intervention, assessment, treatment, counseling, education, and referral services. DSMP staff can also help with building resilience and managing concerns during deployment and reintegration. These services are available to employees and families during difficult situations arising from life at a high stress/high threat post.