Is depression derailing your finances?

BY AMANDA MITCHELL AFC®, ASSOCIATION OF MILITARY BANKS OF AMERICA

Did you know that your finances and mental health are heavily connected? Studies have shown that money and mental health lie on a cyclical path. **Those with money issues** are more likely to have mental health challenges, and conversely, those with mental health problems are more likely to have high levels of debt.

Read more

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DoD authorizes a temporary increase to 2021 Basic Allowance for Housing rates for certain locations

BY U.S. DEPARTMENT OF DEFENSE
The Department of Defense has temporarily authorized increases in the 2021 Basic Allowance for Housing (BAH) rates for 56 housing markets (commonly referred to as Military Housing Areas, MHAs) across the U.S. Uniformed service members who have incurred increased housing costs above their current BAH may be eligible to apply and receive BAH at the temporarily higher rate.

**BBB Tip: Update software to help prevent ransomware**

**BY BETTER BUSINESS BUREAU**

Ransomware attacks are becoming a regular occurrence, locking computers and networks using file encryption software, with hackers demanding payment by Bitcoin or other non-traceable crypto-currency to release the data. The attack typically enters through a phishing email and then spreads to other machines on the same network.

**BBB Tip: Be careful with your job search**

**BY BETTER BUSINESS BUREAU**

Employment scams are on the rise in the turbulent job market created by the COVID-19 pandemic, a new Better Business Bureau (BBB) study finds. BBB warns job seekers to verify employment offers to avoid illegal jobs, identity theft and fake checks to which millions are exposed annually.
How to get your COVID-19 shot record online from the Department of Veterans Affairs

BY MILITARY OFFICERS ASSOCIATION OF AMERICA

If you got your COVID-19 shot from the Department of Veterans Affairs and have lost your shot record card, you may now be able to access your vaccination verification on your phone.

BBB Tip: Should you hire a professional resume writer?

When hunting for a job, your resume can make the difference between scoring an interview or not even getting a reply. Writing a resume is certainly something you can do for yourself, but there are some circumstances where it can be beneficial to hire help. For example, if you aren’t confident about your writing skills, if you’re considering a career change, or if you’re going back to work after a long gap, a resume writer may be able to help you find a job faster.
BBB RESOURCES

Learn more about additional organizations and partners that can help you achieve your goals.

Learn more

BBB Military and Veterans Initiative
We help military service members, veterans and their families protect their assets, plan for the future, and prosper in a trusted marketplace. BBB.org/Military

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