

Confidential Help Non-medical Counseling



Need some support with life's challenges? We can help.

Your leadership wants to ensure that you and your family have access to confidential and convenient services. Military OneSource offers confidential non-medical counseling sessions when and where you need them.

Highlights

- ✓ Confidential non-medical counseling addresses short-term issues, including everyday stressors, deployment and reintegration concerns, parenting, grief and loss, and marital topics. Independently licensed counselors provide up to 12 sessions per issue, per eligible service member, family member or survivor.
- ✓ Increased flexibility in options can help meet your needs through face-to-face, telephonic, secure online chat or video confidential non-medical counseling sessions.
- ✓ Call center and online support is available 24/7/365 from consultants who have master's degrees and are trained to provide eligible users with appropriate referrals to providers.
- ✓ Eligibility includes all active duty service members, immediate family members and survivors of the Army, Marine Corps, Navy and Air Force, and National Guard and reserve members (regardless of activation status), including members of the Coast Guard Reserve activated as part of the Department of the Navy under Title 10 authority.



Call. 800-342-9647

Click. [MilitaryOneSource.mil](https://militaryonesource.mil)

Connect. 24/7



Visit
Military OneSource
to learn more about
confidential non-
medical counseling
and additional
resources.



Confidential non-medical counseling is not intended to address issues such as active suicidal or homicidal thoughts, Family Advocacy Program cases, sexual assault, child abuse, domestic violence, alcohol and substance abuse, or mental health conditions. Non-medical counseling is also not suitable for those who are receiving therapy, fitness-for-duty evaluations or court-ordered counseling. When necessary, the consultant will offer additional assistance by contacting appropriate support. Help is confidential with the exception of duty to warn.