Need to talk?

We're here to listen.

Military and family life counselors are specialists who understand the challenges you face. They can help you with:

- Stress and anxiety
- Grief and loss
- Marriage, family and relationship issues
- Deployment and reintegration
- Emotional health and daily-life issues

Non-medical counseling sessions are free and confidential* (no records kept). Available sessions include:

- After-hours and weekend appointments
- Group or off-site meetings

Call your local military and family life counselor to make an appointment.

Discover what the Military and Family Life Counseling Program offers at http://www.militaryonesource.mil/confidential-help/mflc.

*Exceptions to confidentiality include mandatory state, federal and military reporting requirements (including domestic violence, child abuse and duty-to-warn situations).