



Confidential Counseling Programs

Additional Information

Counseling provided through these resources is confidential, except to meet legal obligations or to prevent harm to self or others.

Military and family life counselors are available at:

- Military and Family Support Centers
- Child development centers
- Schools and youth camps
- Some military units as embedded support
- A commander's request for surge support for up to 90 days for military units returning from combat

Discover what the Military and Family Life Counseling Program offers at <https://www.militaryonesource.mil/benefits/military-family-life-counseling-program/>

Contact Military OneSource today.
<https://www.militaryonesource.mil/>

800-342-9647

Background

Counseling provided through the Military and Family Life Counseling and Military OneSource programs is confidential, short-term counseling for active duty, National Guard and reserve service members, their families and survivors. All eligible individuals may receive up to 12 sessions per issue in person, by phone, secure video, or secure online chat at no cost.

Highlights

Confidential counseling provided by the Military and Family Life Counseling Program and Military OneSource supports service members, their families and survivors by:

- Helping them develop skills to manage everyday challenges and those specifically related to military life, including relocation adjustment, separation, reintegration, relationship issues, parenting skills, communication, anger management, grief, stress, deployment, coping skills, interpersonal skills and occupational or academic issues
- Offering flexible counseling services in four different formats — face-to-face, telephonic, secure online chat or live video sessions — and around military families' schedules
- Delivering face-to-face counseling, briefings and presentations on and off military installations through military and family life counselors



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