

Confidential Counseling

**Address issues. Tackle life's challenges.
Get guidance and support to thrive in your MilLife.**

Our counselors know military life so they understand your challenges and how to help. Nine out of ten people who have used counseling would use it again.

Confidential counseling can help you with:

- Relationships at home and work
- Stress management
- Marital and communication issues
- Adjustment to military culture
- Phases of deployment
- Parenting skills
- Grief or loss

If counseling is not appropriate for your situation, we will connect you with other vetted resources. Situations outside the scope of counseling include: long-term support, post-traumatic stress disorder, addictions, mental health diagnoses requiring medication, determining medical diagnosis and crisis situations.

For active-duty, National Guard and reserve service members, immediate family and survivors.

- Confidential counseling is not reported to command
- Up to 12 sessions per issue
- Counseling from licensed mental health clinicians

Call on us anytime.

- Contact us 24/7 by phone or website for an appointment
- Counseling sessions face-to-face, by phone, online chat or secure live video
- Face-to-face sessions also available through the Military and Family Life Counseling Program at installations worldwide

Just need to talk? Connect with support anytime.

www.MilitaryOneSource.mil | 800-342-9647



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