



Confidential Counseling

Support for Your Best MilLife

Ninety percent of people who have used counseling would use it again. Here's what they say:

"... counseling helped improve my communication and self-awareness without affecting my job."

"An invaluable tool for those times when a service member just needs someone to talk to."

MILITARY
ONESOURCE

Military OneSource is your 24/7 connection to information, answers and support - your one source for your best MilLife.
www.MilitaryOneSource.mil | 800-342-9647



U.S. Department of Defense

Support for Your Best MilLife

Confidential counseling services from Military OneSource

Whether you want to strengthen a relationship or talk through a difficult situation, counseling from Military OneSource can help you thrive in your military life.

Counseling is confidential, free and available to you and your family. Best of all, our counselors know military life, so they understand the challenges you're facing.



Counseling is for you if you want short-term help 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 counseling and support
- Post-traumatic stress disorder
- Psychological or fitness-for-duty evaluations
- Addictions
- Mental health diagnoses requiring medication
- Determining a medical diagnosis
- Crisis situations

Services are for active-duty, National Guard and reserve service members, immediate family and survivors.

- Confidential counseling is not reported to command
- You are eligible for up to 12 sessions per issue
- Services are from licensed mental health clinicians
- Counseling sessions face-to-face, by phone, online chat or secure live video
- Face-to-face sessions are also available through the Military and Family Life Counseling Program at installations worldwide

Contact Military OneSource
24/7 to arrange
confidential counseling:
800-342-9647
or www.MilitaryOneSource.mil