



Video and Telephone Counseling for Children and Youth

Free and flexible support, where and when your child needs it

Child and Youth Behavioral Military and Family Life counselors are specially trained, licensed professionals who understand the issues military children face. Receive confidential telehealth counseling services by phone or video; or request face-to-face.

Who is eligible?

Children of service members and Department of Defense expeditionary civilians are eligible for non-medical counseling. This free and confidential service from the Military and Family Life Counseling Program is available to children, youth and survivors up to age 18.

Schedule an appointment with a Child and Youth Behavioral Military and Family Life counselor:

Your point of contact: _____

Phone number: _____

How does non-medical counseling help?

Child and Youth Behavioral Military and Family Life counselors provide support for a variety of issues, including:

- Self-esteem
- Bullying
- Behavioral problems
- Deployment and reunion
- Divorce
- Grief
- Relationships
- Problem-solving
- Time management

Your Military and Family Life Counselor will host a meeting on:

Date and time: _____

Call Military OneSource anytime, 24/7 at 800-342-9647
or visit <http://www.militaryonesource.mil>.

