



# Confidential Non-medical 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 non-medical counseling would use it again.

## **Confidential non-medical 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 non-medical counseling is not appropriate for your situation, we will connect you with other vetted resources. Situations outside the scope of non-medical 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 non-medical 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

**“Non-medical counseling helped improve my communication and self-awareness without affecting my job.”**

**Just need to talk? Connect with support anytime.**  
[www.MilitaryOneSource.mil](http://www.MilitaryOneSource.mil) | 800-342-9647

