



*Call. Click. Connect.*

## Military OneSource Non-Medical Counseling



*Confidential*

*Private*

*Short-term*

*Available for up to 12 sessions  
per issue*

*At no cost to you*

Your trusted source for referral  
to a professional counselor



### *Need to Talk?*

**Toll-Free\***

**800-342-9647**

**En español llame al**

**877-888-0727**

**TTY/TDD**

**866-607-6794**

\*United States, Canada, Puerto Rico, United States Virgin Islands, Guam, Saipan (Northern Mariana Islands)

Visit [MilitaryOneSource.mil](http://MilitaryOneSource.mil) for special dialing information for overseas callers, simultaneous language interpretation and hearing impaired telephonic support.

### *Military OneSource offers:*

- Referrals to professional counselors for non-medical counseling
- Specialty consultations
- Simultaneous language interpretation and document translation
- Self-assessments
- Online financial calculators
- Orderable materials like booklets, CDs and videos
- Articles on a wide-range of topics
- Referrals to community-based services
- Referrals to installation-based programs

**800-342-9647**  
**MilitaryOneSource.mil**



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## Who's eligible for non-medical counseling?

- Active duty (Army, Marine Corps, Navy, Air Force)
- National Guard
- Reserve
- Family members
- Coast Guard when activated under the Navy

## Not sure if you are eligible?

Call the toll free number for additional eligibility information.

**800-342-9647**

## Non-medical counseling services are available for:

- Individuals
- Couples
- Families
- Children

## Multiple delivery options to meet your needs:

- Face-to-face
- Telephone
- Online through secure chat



## Counselors can help you with non-medical counseling issues including:

- Coping with stress
- Family concerns
- Marital communication
- Dealing with family separations
- Parent/child communication
- Deployment and reunion
- Grief and loss
- Finding community resources

## Our counselors are:

- Professional
- Licensed
- Knowledgeable about military life

## Counseling is:

- Private
- Short-term
- Available for up to 12 sessions per issue
- At no cost to you

*“The counselor really helped me deal with the stress of being a temporary single parent.”*

— Army spouse, Fort Bragg, N.C.



*“The counseling is private so I didn't have to worry about my issues impacting my husband's career.”*

— Army spouse, Fort Campbell, Ky

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Click [MilitaryOneSource.mil](https://www.militaryonesource.mil)

Connect 24/7