



*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 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

Call 800-342-9647

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

Connect 24/7