



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



Call. Click. Connect.



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**

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

Connect 24/7