

NON-MEDICAL COUNSELING



**Want to speak to someone about managing change?
Need some advice on dealing with reintegration concerns?
Want to speak to someone about your relationships?**

Military OneSource offers the flexibility of face-to-face, telephonic or online non-medical counseling sessions at no cost to eligible service members and their families.

Highlights

- ✔ Non-medical counseling addresses issues requiring short-term attention, including everyday stressors, deployment and reintegration concerns, parenting, grief and loss, and marital issues.
- ✔ Call center and online support is available 24/7 from master's-level triage consultants, providing eligible users appropriate referrals to providers.
- ✔ Increased flexibility in options can help meet your needs through online, telephonic or face-to-face non-medical counseling sessions.
- ✔ Non-medical counseling sessions are provided by independently licensed counselors for up to 12 sessions per issue, per eligible service and family member.
- ✔ Eligibility includes all active duty service and family members including same-sex domestic partners of the Army, Marine Corps, Navy and Air Force, and National Guard and reserve members (regardless of activation status) including members of the Coast Guard Reserve activated as part of the Department of the Navy under Title 10 authority. Except as noted here, Coast Guard personnel, spouses and dependent children are not eligible for the Military OneSource program.
- ✔ Non-medical counseling is not intended to address issues such as active suicidal or homicidal thoughts, Family Advocacy Program cases, sexual assault, child abuse, domestic violence, alcohol and substance abuse, or mental health conditions such as depression and anxiety. Non-medical counseling is also not suitable for those who are being prescribed psychoactive medication, who are currently receiving therapy with another practitioner or for fitness-for-duty evaluations or court-ordered counseling. If an issue is outside the non-medical counseling scope, the triage consultant will offer assistance to the caller by locating and contacting appropriate support.



Call. 800-342-9647

Click. MilitaryOneSource.mil

Connect. 24/7



Discover more of what Military OneSource has to offer by visiting www.militaryonesource.mil/non-medical-counseling or calling 800-342-9647.