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The Military and Family Life Counseling Program

Need support for issues like preparing for a move or nurturing a relationship with a deployed spouse? The Military and Family Life Counseling Program assists service members, their families and survivors with flexible non-medical counseling when and where needed. Military and family life counselors are highly-qualified professionals trained to understand the unique challenges you encounter and deliver face-to-face counseling services, as well as briefings and presentations to the military community both on and off the installation.

What is the Military and Family Life Counseling Program?

The Military and Family Life Counseling Program offers free short-term, non-medical counseling to:

- Active-duty service members
- National Guard members
- Reserve members (regardless of activation status)
- Department of Defense expeditionary civilians
- Immediate family members or surviving family members of any of the above

One-on-one, couple, or group – counselors help you manage issues like:

- Deployment adjustments
- Stress management
- Moving preparations and getting settled
- Relationship building
- A problem at work
- The grieving process following the death of a loved one or colleague

If you're facing something that a counselor can't address, you will receive a referral for medical counseling services in your community through a military treatment facility or TRICARE. In general, military and family life counselors do not address:

- Abuse cases
- Suicidal thoughts
- Other mental health issues that may require long-term attention or medication

If you are in immediate crisis, call the [Military Crisis Line](#) at 800-273-8255, and press 1, [chat online](#), or send a text message to 838255.

Confidentiality

You don't have to worry that seeking help will impact your service member's career. Services offered through the Military and Family Life Counseling Program are confidential, not reported to the command, and do not impact a service member's security clearance.

Exceptions to privacy include duty to warn, suspected family maltreatment (domestic violence, child abuse or neglect), harm to self or others, and illegal activity.

How to reach a military and family life counselor

When you are ready to focus on your emotional health, reach out for support. Contact your installation's [Military and Family Support Center](#).

You can also find support for the youngest member of your military family. Contact a child and youth behavioral military and family life counselor through:

- A child development center
- Installation-based youth and teen centers
- On- and off-installation public schools
- A youth summer camp sponsored by your military Service
- The commander or unit training point of contact

Nearly all of those surveyed about the Military and Family Life Counseling Program would use counseling services again and would refer the program to a friend. Make an appointment with a military life counselor to improve your skills to manage military and family life.

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