



MILITARY & FAMILY LIFE COUNSELING

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Service Providers and Leaders

Military and Family Life Counseling services are available on and off installations. Counselors offer presentations and support to help service members and their families build skills and resilience.

Military service providers and leaders can request MFLC support at <https://supportrequest.militaryonesource.mil>.

Get more information about MFLC and other helpful programs from Military OneSource.

Call or live chat any time.

800-342-9647 | www.militaryonesource.mil



MILITARY
ONE**SOURCE**



FOR WHEREVER YOU ARE IN LIFE

SUPPORT FOR MILITARY FAMILIES



The Military and Family Life Counseling Program helps military families overcome challenges with free face-to-face support.

Whether you want to strengthen a relationship or talk through a difficult situation, non-medical counseling can help you thrive in your military life.

MFLCs are master's or doctorate-level licensed counselors who offer service members, their spouses and immediate family members short-term non-medical counseling. MFLCs provide support to individuals, couples, families and groups for a range of issues including, but not limited to:

- Relationships at home and at work
- Managing stress
- Adjusting to military culture
- Building parenting skills
- Handling grief and loss
- Staying resilient through deployment and other changes

MFLCs also offer diversity and inclusion coaching to service members and their families impacted by racism, sexism, bias or any form of discrimination.

Services are private and confidential except in situations that involve domestic violence, child abuse, sexual assault or that necessitate a duty to warn.

Situations outside the scope of non-medical counseling include:

- Long-term counseling and support
- Mental health diagnoses
- Psychological or fitness-for-duty evaluations
- Addictions
- Medical diagnostic testing
- Crisis situations

MFLC support is available at installation Military and Family Support Centers, child and youth programs, schools, military units and in targeted "surge" locations and on-demand events.