

MILITARY & FAMILY LIFE CONSULTANT PROGRAM



Available to the Army

NEED TO TALK... AND BE HEARD?

There is a new no-cost, confidential, civilian resource for you and your family members to use when encountering challenges of military life. The Department of the Army and Army Community Services have arranged for non-medical counseling services with a local practitioner nearby who has set aside appointments in his/her practice for military families.



THIS IS A FREE, CONFIDENTIAL RESOURCE OFF BASE AVAILABLE BY CALLING (800) 977-7595

Please call this telephone number to schedule, change or inquire about appointments with the counselor, get directions and answers to any questions you may have.

COUNSELING IS CONFIDENTIAL

Some people may feel uneasy or embarrassed about seeing a counselor for personal problems. However, nearly everyone is faced at some time with challenges that are difficult to resolve independently. Seeking assistance for personal issues related is just as important as receiving help for medical problems.

Seeking assistance with a problem or issue is usually a prudent and wise step and a sign of personal strength.

All services are provided in **strict confidence**. The personal information that you share with the consultant is confidential and not shared outside unless you sign a release of information or if law requires disclosure.

HOW A COUNSELOR CAN HELP

Counselors are available to assist you with a wide variety of situations. The consultant will help you:

- » **Clarify a problem** – assess and evaluate complex situations and challenges related to military life, deployment-related stress and reintegration into civilian life
- » **Develop an action plan** – identify steps to resolve the situation in order of your priorities.
- » **Handle a crisis** – help you sort through your options.
- » **Prioritize and resolve problems** – many concerns can be resolved quickly, in just a few sessions. Your counselor can work with you to reach these short-term goals.

A HELPING PROCESS

Environment. The office is in an accessible location. The office will be comfortable, quiet, and designed for private conversations for you and or your family members.

Assessment. The counselor will ask you some questions to better understand your concerns and talk with you about available options.

Referrals. The counselor may refer you to helpful resources to support your needs, goals and life circumstances. These may be a combination of military and community resources.

Our mission is to assist commanders in maintaining readiness of individuals, families, and communities within America's Army by developing, coordinating, and delivering services that promote self-reliance, resiliency, and stability during war and peace.



For more information, or to access these services,
please call **(800) 977-7595**.

