



The Military and Family Life Counseling (MFLC) Video and Telephone Counseling Is Available

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The Military and Family Life Counseling Program is here for you during the COVID19 pandemic. We now offer telephone and video non-medical counseling. Contact your unit (or any) counselor directly at the email or phone number listed to schedule a counseling session.

Who is eligible?

Free and confidential non-medical counseling is available to service members, Department of Defense civilians, their families and survivors. Child and youth behavioral counselors are available to support children and youth up to age 18. They also offer guidance to families, staff and support personnel.

Your Military and Family Life counselor can help with:

- Managing stress and changes at home due to COVID-19
- Preparing to move or adjusting after a move
- Managing problems at work
- Adjusting to deployment and reintegration
- Strengthening relationships
- Grieving the death of a colleague

“Climb to Glory”