



# Video and Telephone Counseling for Children and Youth

**Free and flexible support, where and when your child needs it**

Child and Youth Behavioral Military and Family Life counselors are specially trained, licensed professionals who understand the issues military children face. Receive confidential telehealth counseling services by phone or video; or request face-to-face.

### Who is eligible?

Children of service members and Department of Defense expeditionary civilians are eligible for non-medical counseling. This free and confidential service from the Military and Family Life Counseling Program is available to children, youth and survivors up to age 18.

### Schedule an appointment with a Child and Youth Behavioral Military and Family Life counselor:

Your point of contact: \_\_\_\_\_

Phone number: \_\_\_\_\_

### How does non-medical counseling help?

Child and Youth Behavioral Military and Family Life counselors provide support for a variety of issues, including:

- Self-esteem
- Bullying
- Behavioral problems
- Deployment and reunion
- Divorce
- Grief
- Relationships
- Problem-solving
- Time management

### Your Military and Family Life Counselor will host a meeting on:

Date and time: \_\_\_\_\_

Call Military OneSource anytime, 24/7 at 800-342-9647  
or visit <http://www.militaryonesource.mil>.

