



# Video and Telephone Counseling Now Available

**Continue your progress at home so you can keep moving forward**

The Military and Family Life Counseling Program is here for you during the coronavirus disease 2019 pandemic. We now offer telephone and video non-medical counseling in addition to face-to-face non-medical counseling.

### Who is eligible?

Free and confidential non-medical counseling is available to service members, Department of Defense expeditionary 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.

### What can I expect from non-medical counseling?

Your Military and Family Life counselor can help with:

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

### Schedule an appointment with a Military and Family Life Counselor:

Your point of contact: Michele Alexander, LMFT

Phone number: 619-592-0609

**Call Military OneSource anytime, 24/7 at 800-342-9647  
or visit [www.MilitaryOneSource.mil](http://www.MilitaryOneSource.mil).**

