

# Military OneSource Support Anytime

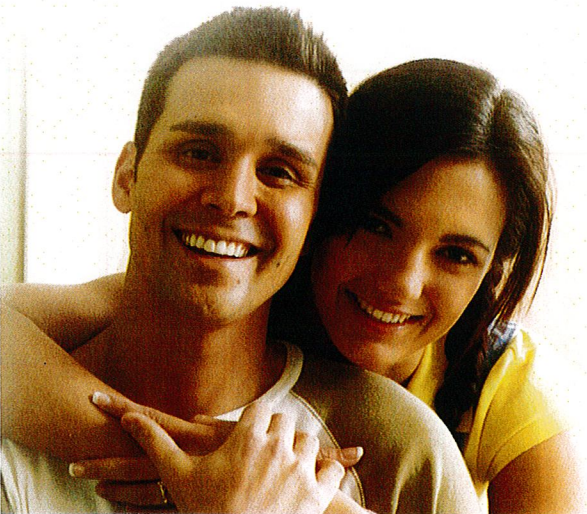
*No Question Too Small.  
No Issue Too Big.*

Private  
Counseling  
Referrals

*Call Today*

**1-800-342-9647**

No cost to active duty,  
Guard and Reserve  
and their families.



# Military OneSource

*No question too small.  
No issue too big.*

**1-800-342-9647**

*Be at your best every day!  
Take advantage of these no cost services:*

- ★ Referrals to private, local counseling
- ★ Telephonic problem solving
- ★ Language translation
- ★ Self assessments
- ★ On-line financial calculators
- ★ Order self-help booklets and CDs
- ★ Referrals to community services
- ★ Referrals to installation programs

**You name it.  
We can help - 24/7!**



[www.MilitaryOneSource.com](http://www.MilitaryOneSource.com)

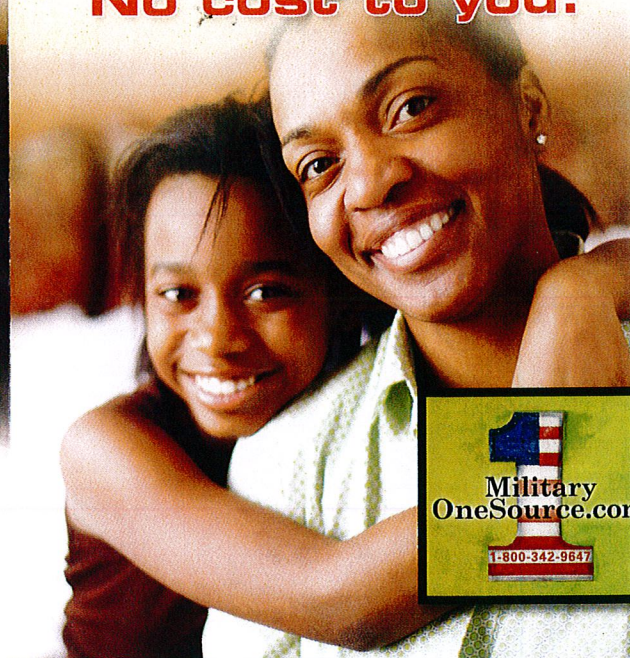
# Military OneSource Counseling

# NEED TO TALK?

**1-800-342-9647**

**Military OneSource:**  
*Your trusted source for  
referral to a private  
local counselor.*

**No cost to you!**



# Need to Talk?

**1-800-342-9647**

## Counselors can help you with:

- ★ Problem solving
- ★ Coping with stress
- ★ Financial management
- ★ Family issues
- ★ Marital communications
- ★ Dealing with family separations
- ★ Parent child communications
- ★ Combat stress
- ★ Deployment and reunion
- ★ Crisis situations
- ★ Grief and loss

## Counseling available for:

- ★ Individuals
- ★ Couples
- ★ Families
- ★ Children

**No cost to you.**

## Military OneSource Counselors

*Our counselors are located in your local community. They are:*

- ★ Professional
- ★ Licensed
- ★ Knowledgeable of military life
- ★ Private
- ★ Pre-paid; no cost to you

*Call Today*

**1-800-342-9647**

Overseas:

**\*800-3429-6477**

(\*Country access codes can be found online)

*"The counselor really helped me deal with the stress of being a temporary single parent."*

Army Spouse, Fort Bragg, NC

*"She really helped me figure out how to plan and stick to a budget while my husband was deployed."*

USMC spouse, Quantico, VA

*"We didn't know how hard coming home would be. It was very helpful for my wife and 16 year old son to talk with a counselor."*

Air Force Reservist, TX



[www.MilitaryOneSource.com](http://www.MilitaryOneSource.com)

## Anytime, Anywhere

*Military OneSource information and referral services are available to you at no cost 24/7:*

- ★ Private, Local Counseling Referrals
- ★ Telephonic Problem Solving
- ★ Help with Money Matters
- ★ Locate Child Care
- ★ Smooth Move to Your Next Duty Station
- ★ Deployment and Reunion Support
- ★ Local Schools Information

*Talk to a consultant — from anywhere in the world toll free:*

*Visit our website for overseas, Spanish and hearing impaired toll free telephone numbers.*

*Call Today*

**1-800-342-9647**

*Or online:*

[www.MilitaryOneSource.com](http://www.MilitaryOneSource.com)

