



## Carroll County Veterans Coalition

### Minutes

Zoom Link <https://us02web.zoom.us/j/83587573574>

Name	Organization	Contact Information
Emily Crall	Sexual Assault Prevention and Response Officer, NH National Guard	<a href="mailto:emily.crall.civ@army.mil">emily.crall.civ@army.mil</a> 603-892-4713
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Emily McArdle	Outreach, C3PH	<a href="mailto:u25carrollcounty@outlook.com">u25carrollcounty@outlook.com</a>

### 1. Round Table Introductions

### 2. Guest Speakers

#### a. Emily Crall - MSW

- i. Sexual Assault Prevention and Response Officer
- ii. New Hampshire National Guard
- iii. Phone: (603) 892-4713
- iv. NHNG Joint 24/7 SAPR Helpline: (603)-856-6700
- v. DoD Safe Helpline: (877) 995-5247
- vi. DoD Safe Helpline Chat: [Online.SafeHelpline.org](https://www.safehelpline.org)
- vii. DoD Safe HelpRoom: [SafeHelpRoom.org](https://www.safehelproom.org)



- b. NH National Guard Sexual Assault Prevention and Response Program: 24/7 confidential resource to support. Provides support to survivors including:
  - i. Safety: Safety assessment, protective orders, High Risk Response Team
  - ii. Support: 24/7 Helpline, crisis response, hospital, court, and law enforcement accompaniment and ongoing victim advocacy
  - iii. Services: Referral to other confidential services internal and external to the NHNG
  - iv. Also provides reporting options, including unrestricted and restricted reports
  - v. Special Victims' Counsel- Legal resources that are housed at National Guard Bureau
  - vi. CATCH Program- Gives adult sexual assault victims the ability to anonymously submit suspect information to help the DoD identify serial offenders. Anonymous and voluntary program.
  - vii. Education and Awareness Campaigns: Provides education, awareness, and prevention, with at minimum of one hour of SAPR training per year.
- c. Program mostly aimed at currently serving Service Members, but can also provide services for Veterans: Can assist with veterans who are trying to track down documentation to get resources at the VA, can connect them to other resources, and takes crisis calls from veterans. Can provide support to any Veterans and Service Member (not just those in the National Guard)
- d. Always looking for events to attend and to spread awareness
  - i. Jen will keep Emily informed about upcoming events
- e. Emily C. would like to learn more about how the Ask the Question campaign has been developed and implemented
  - i. Connect with Stephanie
- f. Brainstorm ways to get information/engagement out to Carroll County providers
  - i. Discussion about reaching out to Starting Point, Memorial Hospital, and White Mountain Community Health Center to spread resources and incorporate Ask the Question campaign information



1. Memorial Hospital contact: Paula suggests Jessica Breighenbach, Quality Specialist. Also reach out to new Social Worker at Behavioral Health.
  2. White Mountain Community Health Center: Cheryl Frankowski
- g. Emily C. will share slides and PDFs of materials

### 3. Partner Organization Updates

- a. Paula will be attending the Together with Veterans Suicide Prevention Conference in Colorado with the Lakes Region Veterans Coalition
- b. Joshua: Working on finalizing the DMAVS funding and will be reaching out to every coalition to meet
- c. Sarah: New to this meeting, interested in learning about housing and resources for Veterans.
  - i. Sarah Losier Wight: [swight@tccap.org](mailto:swight@tccap.org) and Erik Becker Program Director [ebecker@tccap.org](mailto:ebecker@tccap.org). Erik works directly with staff and clients. I am easier to contact by email but my number is 603-752-7001.

### 4. CCVC Updates

- a. **Mission/vision/objective revision**
  - i. Incomplete – will send out with minutes
- b. **Incorporating more ATQ**
  - i. DMAVS – discussions with different sectors
  - ii. Healthcare system – how integrate?
    1. Barriers to ATQ implementation/discussions
    2. SWOT
  - iii. Discussion about reaching out to Memorial Hospital and White Mountain Community Health Center (see above)



c. **Transitional Services for New Hampshire SMVF**

- i. [Your Transition Assistance Program](#)
- ii. [Transition Assistance Program | U.S. Department of Labor](#)
- iii. Knowledge of? Thoughts? Resources?
- iv. SWOT
- v. Will review next time

d. **QPR suicide prevention training Thursday September 25<sup>th</sup> 0900 – 1300**

- i. See flyer below
- ii. **3 social worker CEU's provided**
- iii. Please register [here](#)
- iv. See flyer below and please share!

e. **Dispatcher trainings**

- i. Online CIT (Crisis Intervention Training) scholarship available through GUW
  - 1. This form is to indicate interest of participation in the CIT International "CIT Support Training for 911" course.
  - 2. Please look at the course schedule at:  
<https://www.citinternational.org/CITST911> and choose the date of the course that your staff is interested in.
    - Fill out this form: <https://forms.office.com/r/T5ghtQmAUJ>.
    - Once you have received confirmation of this form being received, you must register for then register for the course at:  
<https://www.citinternational.org/CITST911>. \*Only courses before 10/31/25 will be approved for reimbursement.

Upon completion of the Course, please send course invoice, receipt of payment, and certificate of completion for the attendee to:  
[marlamay.zarzour@graniteuw.org](mailto:marlamay.zarzour@graniteuw.org) and [caleb.gilbert@graniteuw.org](mailto:caleb.gilbert@graniteuw.org)



3. Open to all dispatchers, 25 scholarships available
- 
- ii. **In-person trainings from Forge VFR** – registration flyer below, please share!
    1. Dispatcher focus, but all first responders welcome to attend
    2. 3 locations – Moultonborough Safety building on September 24<sup>th</sup>
- 
- f. **Tabelings/Outreach Events**
- i. Past and current efforts:
    1. Emily M. has been doing outreach at local farmers markets, events, and open houses
    2. Variety of events for Recovery Month coming up, see flyer below
  - ii. SWAM Summit September 9 – Easterseals Veteran Campus
  - iii. Seacoast Veterans Conference- Saturday, October 4, 0800 – 1230
    1. Community Campus, 100 Campus Drive, Portsmouth, NH
  - iv. NH Veteran Stand Down- Friday, Sept. 19, 10am-2pm
    1. Community Partners can register [here](#)
  - v. Women Veteran Conference – October 25<sup>th</sup> – Cathedral in the Pines
    1. CCVC won't be able to make it, but if anyone is going and would be willing to bring our materials that would be great, please email Jen
  - vi. VetFest – November 8 – Anheuser Busch, Merrimack, NH
  - vii. Recovery events – calendar of events below
- 
- g. **Increasing regular involvement**
- i. Activity at the Gibson Center with Operation Biscuit- See flyer below



1. Monday, October 27 –1230 – 1430
- ii. Additional ideas

#### **h. Trainings**

- i. CALM Discussions with ATQ/Military Culture
  1. Reach out to Veteran owned gun shop about adding an aspect on handling firearms?
  2. Tack on Ask the Question (another half hour, so 2.5 hours total)
- ii. First Aid/CPR - Paula B. - waiting for funds
  1. Combine ATQ/military culture – how? Who?
  2. Stephanie confirmed with Josh that CPR training wouldn't count as a training for the Coalitions. Not sure combining with Ask the Question or Military Culture would change this.
  3. Stephanie would be happy to add Ask the Question

#### **i. SMVF substance misuse prevention**

- i. NH Harm Reduction Coalition – SMVF forward training coming
- ii. NHADACA training – Jen building with multiple partners
  1. Hidden in Plain Sight: Identifying and Supporting Women Veterans in Mental Health & Addiction Care

### **5. Resources**

- a. [Home | CCVC](#)
- b. [www.c3ph.org](http://www.c3ph.org)
- c. [Home - NAMI New Hampshire](#)
- d. [2025 Suicide Prevention Awareness Month Toolkit | SAMHSA](#)
- e. [Suicide Prevention](#) - US DoD
- f. [National Suicide Prevention Month: "Be There" | Military.com](#)
- g. [National Recovery Month | SAMHSA](#)



- h. [National Recovery Month Partner Toolkit | Overdose Prevention | CDC](#)
- i. [Elizabeth Dole Foundation Military & Veteran Family Resource Hub](#)
- j. [Military OneSource](#) (See flyers below)
- k. Job Opening: The Town of Tamworth, NH seeks a full-time, highly motivated, community-oriented Police Social Worker
  - i. FMI: <https://www.tamworthnh.org/home/news/job-opening-police-social-worker>
- l. [VA to extend caregiver support program eligibility for “legacy” Veterans, caregivers](#)
- m. NH Care Connections - [New Hampshire Department of Health and Human Services \(NH DHHS\) Resource Directory](#)
- n. [Honor Flight New England](#)
- o. [Home Base Program - Red Sox Foundation](#)
- p. NH Transportation Survey - [https://www.surveymonkey.com/r/transport\\_nh](https://www.surveymonkey.com/r/transport_nh)
- q. [Veterans Treatment Court Provides Hope and Second Chances](#)

## 6. Upcoming Activities

- a. NH DMAVS – Service and resource survey
  - i. [https://unh.az1.qualtrics.com/jfe/form/SV\\_ezBscF0nYjldFZQ?Q\\_CHL=qr](https://unh.az1.qualtrics.com/jfe/form/SV_ezBscF0nYjldFZQ?Q_CHL=qr)
- b. VA Manchester Women Veterans Focus Group
  - i. September 10, 2025, 5:30pm-6:30pm, Northfield, NH
- c. Women’s Veterans Retreat – Camp Resilience
  - i. [Women Veterans Retreat | Camp Resilience](#)
  - ii. October 27, 2025
- d. 3<sup>rd</sup> Annual Women Veterans Conference – October 25 –Cathedral in the Pines
  - i. [3rd Annual Woman’s Veteran Conference | Cathedral of the Pines](#)



## 7. Close

- a. Next meeting September 23rd 1000

## Action Plan

Objective action is tied to (see our Objectives)	Action	Who?	Resources needed	Progress (0-5 where 5 is complete)	Completion date goal	Evidence of action
1	Connect Emily Crall and Stephanie to Memorial and White Mountain Community Health Center	Jen, Emily Crall, Stephanie	Email, meeting	1	9/23 (next meeting)	Emails, meeting set up
6	Plan CALM Discussions training	Jen, Justin, Stephanie	Email	1	October	Set date for training
6	Plan CPR training and check with Joshua re adding ATQ	Jen, Paula, Stephanie	Email	0	November	Set date for training/event
1	Connect Stephanie and Brent Fraser to Starting Point	Jen	email	2	October 1	Meeting set
2	Promote Operation Biscuit	Jen, Emily, coalition	Word of mouth, email, stakeholder groups, social media	2	October 20	registrations
2, 3	Find online SMVF groups (gaming or other), join,	Jen, Emily, anyone else?	Social media, email, face to face	0	November 1	Join group, one new member on





	engage and invite to meetings					stakeholder meeting
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## Objectives:

1. Increase mental health supports by addressing the needs iterated by service members, veterans and their families (SMVF)
2. Decrease social isolation for service members, veterans, and their families (SMVF)
3. Meet with stakeholders one time per month
4. Hold at least two events to raise awareness about veteran suicide or needs
5. Conduct a Strengths, Weaknesses, Opportunities, and Threats (SWOT) analysis per year. Review annually.
6. Conduct at least four trainings per year to include suicide prevention, military culture, PTSD, Ask The Question or any pertinent SMVF training, to stakeholders
7. Facilitator of the coalition to attend statewide coalition member meeting
8. Constantly receive input and assess needs all year round. With at least one formal needs assessment to be done in a manner which is deemed viable. Activities, capacity, and objectives will be adjusted as necessary



HOST: Carroll County Coalition for Public Health



Sept 25, 2025



9-12:30 PM EST



1035 Whittier Highway (Route 25)  
MOULTONBOROUGH, NH 03254



## Suicide Prevention Training



### LET'S REDUCE THE STIGMA AND SAVE LIVES

**Become a Gatekeeper!** Join us for a QPR training, a three-step prevention and intervention training, where you will learn how to recognize the warning signs of suicide, how to offer help, and how to save a life.

**Are you 'Asking the Question?'** Learn how asking about military service can enhance your ability to best support service members, veterans, and military families!

**LIMITED TICKETS.** This is a **FREE** training taught by our certified QPR instructor.



- ✓ Understand common myths and facts surrounding suicidal behavior
- ✓ Understand means reduction and how to immediately reduce risk
- ✓ Recognize and identify common risk factors and warning signs of suicide

CARROLL COUNTY COALITION  
FOR PUBLIC HEALTH  
An Initiative of Granite United Way



VETERANS  
COUNT

This training offers FREE LADC 3.0 CEs and NASW NH 3.0 Category A CEs in Suicide Prevention (NASW NH CE # 4341)

REGISTER  
NOW!

[Click here](#)  
or use the  
QR code.



SCAN ME

For further information,  
email [a.baer@harborcarenh.org](mailto:a.baer@harborcarenh.org).

 **Harbor Care**  
HOUSING • HEALTHCARE • VETERAN SERVICES

Presented by SSG Fox Suicide Prevention Program



## CIT SUPPORT TRAINING FOR 911

8-HOUR COURSE, TAUGHT LIVE ONLINE

### The Role of 911 Call-Takers in CIT

911 call-takers play a vital role in CIT programs and integrated crisis response systems. Call-takers can be the first point of diversion, guiding callers to crisis lines and other behavioral health care services, rather than police services. They also provide CIT officers with the information needed for a safe, effective response.

### Training Just for Call-Takers

CIT International offers an 8-hour online course for 911 call-takers to prepare them for their role in the crisis response system. The course is delivered by live instructors in two, four-hour virtual sessions conducted on consecutive days. The course teaches call-takers to identify possible mental health calls, utilize techniques to de-escalate the caller, and triage the call to dispatch appropriate services or complete a warm handoff to crisis services. Call-takers will also learn when it is appropriate to dispatch a CIT officer, and which information should be gathered and relayed to the responding officer.

The course culminates in role-play scenarios based on actual mental health calls for service, allowing the participants to practice their skills.



### Course Topics

- Understanding the Crisis Intervention Team (CIT) model
- The role of 911 in a crisis response system
- Signs of a mental health condition
- Suicide assessment and intervention
- Crisis intervention strategies
- Call management
- Scenario-based training

For schedules and other information, please contact the CIT Training Administrator at [CITST911@CITInternational.org](mailto:CITST911@CITInternational.org) or visit [www.citinternational.org/CITST911](http://www.citinternational.org/CITST911).



## CIT ONLINE COURSE SCHOLARSHIPS FOR NH EMERGENCY DISPATCHERS

Granite United Way, in partnership with the Carroll County Sequential Intercept Mapping (SIM) Team, an initiative of NH Judicial Branch, is offering a **limited number of scholarships** to support participation in an online mental health and crisis intervention training specifically designed for NH dispatch personnel. The funding comes from an HCA Healthcare Foundation grant.

### Training:

CIT International "CIT Support Training for 911"

**Format:** Online (Two 4-hour sessions)

**Cost:** \$250 per participant payable directly to CIT by your agency, reimbursed by Granite United Way upon completion

**Eligible dates:** Only courses completed before October 31, 2025 will be reimbursed

### Course Topics include:

- Understanding the Crisis Intervention Team (CIT) model
- The role of Dispatchers in a crisis response system
- Indications of mental health disorders
- Suicide assessment and intervention
- Crisis intervention strategies
- Call management
- Scenario-based training

### How to Participate:

1. Review available training dates here: [CITST911 Schedule](https://www.citinternational.org/CITST911)
2. Indicate your interest using the QR code below or click here: <https://bit.ly/CITNH2025>
3. After receiving confirmation you must register directly for your chosen session at the course website <https://www.citinternational.org/CITST911>
4. Upon completion, please send course invoice, receipt of payment, and certificate of completion for the attendee to: [marlamay.zarzour@graniteuw.org](mailto:marlamay.zarzour@graniteuw.org) and [caleb.gilbert@graniteuw.org](mailto:caleb.gilbert@graniteuw.org)
5. Granite United Way will process reimbursement for each approved participant

**Scholarships will be awarded on a first-come, first-served basis.**

We hope you take advantage of this training and look forward to working with you and your staff on managing some of the most difficult calls they receive.





# DOG BISCUIT BAKING SESSION



We invite veterans and friends to participate in an all-natural dog biscuit baking session with our friends from Operation Biscuit. You will prep, shape, and bake biscuits to take home, or donate, to your favorite pups!

WHEN: Monday | October 27, 2025

WHERE: Gibson Center | 14 Grove Street | North Conway NH

TIME: 12:30 pm

To Register: 603 356 3231







## MENTAL HEALTH TRAINING DATES FOR NH EMERGENCY DISPATCH PERSONNEL

Presented by Forge Health - Veterans & First Responders Program (VFR)

### PURPOSE

A trauma-informed, in-person training tailored for emergency dispatch professionals, designed to strengthen mental health call management, address habitual callers, reinforce de-escalation skills, promote empathy, wellness & resilience

### TARGET AUDIENCE

Emergency dispatch personnel

### FORMAT

a full-day in person session

8:00am registration

8:30am - 3:30pm training

Includes: light breakfast, lunch  
afternoon snack (grant funded)

### CHOOSE A LOCATION NEAREST YOU

**Moultonborough, Sept 24, 2025**

at Moultonborough Safety Building

**Concord, Oct 22, 2025**

at Primex, Bow Brook Place, Concord

**Derry, Nov. 5, 2025**

at Derry Municipal Center

### CORE TOPICS



#### MENTAL HEALTH 101

common signs, symptoms, conditions,



#### ADDRESSING HABITUAL CALLERS

understanding motivations, choosing interventions



#### RESOURCE & REFERRAL NAVIGATION

guiding callers to the right supports



#### DE-ESCALATION TECHNIQUES

managing heightened emotions; scenarios, practice



#### EMPATHY & COMPASSION FATIGUE

sustaining empathy and preventing burnout



#### TRAUMA-INFORMED RESPONSE, VICARIOUS TRAUMA & RESILIENCE

seeing through a trauma-informed lens, impact on  
caller & dispatcher, and self-care.

*Register  
Now* →





# Attention Women Veterans

*Join the VA Manchester Healthcare System in our focus group for Women Veterans. We want to hear your feedback on your VA health care experience.*

**DATE: September 10, 2025**  
**TIME: 5:30 – 6:30 p.m.**

**LOCATION:**  
**American Legion Post 49**  
**4 Park Street**  
**Northfield, NH 03276**

**Please RSVP to Participate:**

Natasha Burton  
Women Veterans Program  
603-624-4366 ext. 205173  
[Natasha.Burton@va.gov](mailto:Natasha.Burton@va.gov)



Your experiences matter. If you would like to participate in this one or future groups, please contact the person above.



**NATIONAL  
RECOVERY  
MONTH**  
RECOVERY. HOPE. HEALING.

CARROLL COUNTY COALITION  
FOR PUBLIC HEALTH  
An Initiative of Granite United Way



**STARTS NOW IN CARROLL COUNTY, NH**

**AUG  
7**

Thursday, August 7, 5:30-6:30 at Ossipee Concerned Citizens, 3 Dore St, Ossipee

**Narcan Training and Distribution, Ossipee**

A free in person training on how to carry and use Narcan/naloxone to respond to an opioid overdose emergency. Open to the public. Includes a no cost Narcan kit.

**AUG  
19**

Tuesday, August 19, 3-6pm, MWV Farmer's Market, NCCC, North Conway

**International Overdose Awareness Day Info Table**

Carroll County Coalition for Public Health and White Horse Recovery will host a table of resources, information, and Narcan at the Farmer's Market in North Conway.

**AUG  
30**

Saturday, August 30, 9-12pm, Tamworth Farmer's Market, Tamworth Village

**International Overdose Awareness Day Info Table**

Carroll County Coalition for Public Health and White Horse Recovery will host a table of resources, information, and Narcan at the Farmer's Market in Tamworth.

**SEP  
16**

Tuesday, Sept 16, 05:30 - 6:30pm, The Shed, White Horse Recovery Ctr, N. Conway

**Narcan Training and Distribution, North Conway**

A free in person training on how to carry and use Narcan/naloxone to respond to an opioid overdose emergency. Open to the public. Includes a no cost Narcan kit.

**SEP  
17**

Wednesday, Sep 17, 06:00-07:30pm, virtual

**Virtual Book Club, Healing a Village, by Mark LeFebvre**

Discover how communities can rise together in response to the addiction crisis in Healing a Village: A Practical Guide to Building Recovery Ready Communities. Author Mark LeFebvre shares a message of hope rooted in real-life solutions. <https://www.healing-a-village.com/events/maine-dhhs-virtual-book-club>

**SEP  
25**

Thursday, Sep 25, 05:30-7:00pm, The Shed, 2977 White Mtn Highway, N. Conway

**Recovery Month Open House, The Shed North Conway**

Visit The Shed North at White Horse Recovery. Meet the trained Recovery Coaching staff and learn about services available for walk-in peer recovery supports including coaching, support groups, community activities and family supports.

**OCT  
7**

Tuesday, Oct 7, 9:00-10:30am on zoom

**Carroll County Responds to Substance Use Disorder**

1st Tue of Oct, Dec, Feb, Apr, Jun, Aug by Zoom. 9:00-10:30am This meeting is for anyone in healthcare, social services, public safety, education, business, government and concerned citizens who want to work together in a community wide response to substance use disorder. <https://www.c3ph.org/newsevents/events>

[www.c3ph.org](http://www.c3ph.org)





# Survivors of Suicide Loss Support Group

**If you have lost someone to suicide,  
you are not alone.**

Join our monthly Survivors of Suicide Loss Support Group, a safe and supportive space that offers bereavement support for those who have lost someone to suicide. This group is open to family members, friends, co-workers, neighbors, clinicians, first responders, community members or anyone else impacted by a suicide loss.

## Registration is required.

To learn more about the group and see if it might be a fit for you, please call 603-323-8511

### Meeting Times:

**3rd Tuesday  
of the month  
6pm - 7:15pm**







Have you served in the Armed Forces?

**Join us for free services such as:**

Employment Services  
Medical Care  
Food & Clothing

Legal Advice  
Pension Claims  
Counseling

Housing Assistance  
Mobility Assistance  
And More!

# NH VETERAN STAND DOWN

A RESOURCE & SERVICE EXPO FOR FORMER SERVICE MEMBERS

**SEPTEMBER 19, 2025**

**10AM - 2PM**

Eversource Energy Park  
780 N Commercial St, Manchester, NH 03101

**EVERSOURCE**

Find more information at [www.harborcarenh.org/stand-down](http://www.harborcarenh.org/stand-down)



**Harbor Care**

HOUSING • HEALTHCARE • VETERAN SERVICES

Presented by Harbor Care, in partnership with Eversource, the Dept. of Labor, the VA and dozens of community partners serving those who served.



# A RANGE OF SUPPORT

To Help You **Live** Your Best **MilLife**



U.S. Department of Defense

Get free and confidential expert help, 24/7.  
Call Military OneSource at 800-342-9647  
or visit [www.MilitaryOneSource.mil](http://www.MilitaryOneSource.mil).



**Military OneSource offers a wide range of individualized consultations, coaching and non-medical counseling to help you live your best MilLife.**



**Confidential Non-medical Counseling**  
 For help managing life's stressors.



**Peer-to-Peer Support**  
 Support from a peer consultant with firsthand knowledge of military life.



**Spouse Education and Career Opportunities**  
 Career coaching, tools and information to gain meaningful employment.



**Spouse Relocation and Transition**  
 Free, personalized support for every step of the process.



**Health and Wellness Coaching**  
 Personalized support for your fitness, nutrition and well-being.



**Special Needs**  
 Answers about the care and education of your family member with special needs.



**Wounded Warrior and Caregivers**  
 Timely assistance for issues related to health care, benefits and more.



**Elder Care**  
 Resources to support service members and spouses caring for aging family members.



**Education**  
 Solutions from pre-K through grad school.



**Building Healthy Relationships**  
 Education-based consultation to strengthen your relationships.



**New MilParent**  
 Support for parenting challenges for expectant parents and those with children up to age 5.



**Transitioning Veterans**  
 Personalized support as you transition to civilian life.



**Adoption**  
 Help navigating the adoption and foster care process.



**Financial and Tax Consultation**  
 Expert answers to your financial and tax questions.



**Document Translation and Language Interpretation**  
 Free translation services in real time and for qualifying documents.

**800-342-9647    [www.MilitaryOneSource.mil](http://www.MilitaryOneSource.mil)**



**MILITARY  
ONESOURCE**



## Confidential Non-medical Counseling

**Address issues. Tackle life's challenges.  
Get guidance and support to thrive in your MilLife.**

Our counselors know military life so they understand your challenges and how to help. Nine out of ten people who have used non-medical counseling would use it again.

### **Confidential non-medical counseling can help you with:**

- Relationships at home and work
- Stress management
- Marital and communication issues
- Adjustment to military culture
- Phases of deployment
- Parenting skills
- Grief or loss

If non-medical counseling is not appropriate for your situation, we will connect you with other vetted resources. Situations outside the scope of non-medical counseling include: long-term support, post-traumatic stress disorder, addictions, mental health diagnoses requiring medication, determining medical diagnosis and crisis situations.

### **For active-duty, National Guard and reserve service members, immediate family and survivors.**

- Confidential non-medical counseling is not reported to command
- Up to 12 sessions per issue
- Counseling from licensed mental health clinicians

### **Call on us anytime.**

- Contact us 24/7 by phone or website for an appointment
- Counseling sessions face-to-face, by phone, online chat or secure live video
- Face-to-face sessions also available through the Military and Family Life Counseling Program at installations worldwide

**"Non-medical counseling helped improve my communication and self-awareness without affecting my job."**

**Just need to talk? Connect with support anytime.**  
[www.MilitaryOneSource.mil](http://www.MilitaryOneSource.mil) | 800-342-9647

