

# NEED TO TALK?



Military & Family Life Consultant Program

Available to Special Operations Forces

## USSOCOM

You asked the Care Coalition for support, and they responded. USSOCOM now has its own fulltime Military & Family Life Consultant (MFLC) who is here to listen. She is available to help Special Operators and their family members address:

- » Deployment/reintegration issues
- » Marriage and relationship issues
- » Parenting, sibling and family issues
- » Communications challenges
- » Stress and anxiety
- » Depression
- » Grief and loss
- » Daily life issues



## USSOCOM'S MFLC IS DENISE GRANT

Denise Grant is a Licensed Clinical Social Worker with 20 years of experience. She helps individuals, couples and families deal with relationship issues, separation, workplace issues, anger management and child behavior issues.

In addition, Denise can provide psycho-educational presentations on issues such as parenting, conflict resolution, communication skills and coping with stress. She can also present on issues that address SOF-specific needs.

To ensure easy access to services and preserve confidentiality, appointments are available on or off

the installation. Services are confidential with the exception of duty-to-warn situations and child and domestic abuse issues. The MFLC does not create or maintain documentation on individuals who receive services.

## CONTACT INFORMATION

Denise Grant works in the **USSOCOM Care Coalition, BLDG 153**. To speak with her or to schedule an appointment, please call:

**During duty hours:** (813) 826-6037

**After duty hours:** (813) 470-0421

## DOES SEEKING HELP AFFECT YOUR SECURITY CLEARANCE?

Question 21 of the SF86 Questionnaire for National Security Positions, which asks about mental health treatment, has been revised. The question now makes an exception for counseling related to marital, family or grief issues, unless related to violence by you. It also excludes counseling for adjustments from service in a military combat environment as grounds for answering, "yes." *Seeking professional care for these mental health issues should not jeopardize an individual's security clearance. Getting the support you need can prevent minor issues from becoming major problems. We encourage you to take advantage of these free, confidential services.*