

Counseling



"Being a single parent while my husband was deployed was tougher than I thought. The counselor helped me with talking with my kids about the separation. And she was so close to home."

— Indiana Army National Guard Spouse

If you need help,
call toll-free
24 hours a day,
7 days a week:

(888) 755-9355

Private Counseling Service



Troop *and* Family Counseling Services for National Guard and Reserves

*Helping you and your family
during deployment, reunions
and other times of change.*



Provided by DoD at no cost to
Service members and their families.

Convenient 24-hour, Year-round Access
Free, Private Services

Counseling Services

Have you recently returned from deployment, are being deployed or are welcoming someone who has just returned?

Are things not working out as smoothly as you hoped?

We can help.

Our professional counselors are available 24 hours, year-round to make the transition easier for you and your family.

How We Can Help

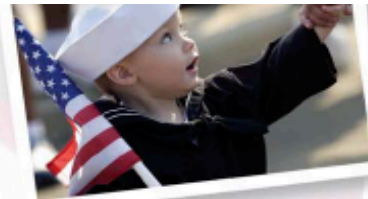
Our counselors can help you and your family problem-solve with issues resulting from deployment, reunions, reintegration and other times of change, including:

- Marriage and relationship issues
- Family issues
- Stress and anxiety
- Depression
- Grief and loss
- Anger management
- Parent and child communication

You and your family are entitled to six prepaid, face-to-face counseling sessions.

About Our Counselors

Our counseling professionals include social workers, marriage and family counselors, psychologists, and child and youth counselors.



Call today to speak with a counselor:

(888) 755-9355

Private Counseling Service



Military OneSource (MOS)



MOS Counseling

- Counseling sessions in your community
- Licensed Master level counselors
- Short term problem resolution
 - Family Issues
 - Adjusting to return from deployment
 - Grief Counseling
 - Marital Issues
- No charge to service member or families
 - Six (6) free sessions
- Available after duty hours

You name it...MOS can help

United States: 1-800-342-9647

En español llame al: 1-877-888-0727

TTY/TDD accessible: 1-866-607-6794

Overseas: *800-3429-6477

Overseas collect: Contact an international operator; request a collect call to 484-530-5908

*Use access code before dialing the toll free number. Access codes can be found online.

www.militaryonesource.com

Anywhere, Anytime 24/7



Vet Centers



GLOBAL WAR ON TERRORISM VETERANS

Vet Centers welcome home war veterans with honor and dignity. Our counselors offer readjustment services for veterans and their families.

- Individual readjustment counseling
- Referral for benefits assistance
- Group readjustment counseling
- Liaison with community agencies

Vet Center

- Marital and family counseling
- Substance abuse information and referral
- Job counseling and referral
- Sexual trauma counseling
- Community education
- All services confidential and free to eligible veterans and families

Vet Center Locations

- **Dallas**

10501 N. Central Expy
Suite 213
Dallas, TX 75231
214-361-5896

- **Fort Worth**

1305 W. Magnolia St.
Suite B
Ft. Worth, TX 76104
817-921-9095

- **www.va.gov/rcs**

Fleet & Family Support Center

- Licensed counselors
 - Short-term individual, couples, family and group counseling.
 - Relationships, crisis intervention, stress management, substance abuse, depression/grief after loss, occupational and family issues and financial difficulties.
- NAS JRB FFSC
 - Bldg 3175
 - 817-782-5287
 - 877-471-6671



Family Readiness Program

- Kristie Jo Buckler
 - Wing Family Program Coordinator
 - Office: 817-852-3558/3456
 - Cell: 817-822-0110
 - Kristie.Buckler@txcars.ang.af.mil
 - Bldg 1673, Room 121
 - W:\shared\136 WING HQ STAFF\Family Readiness Program\Counseling Services