

NEED TO TALK?



Video Teleconferencing Services Now Available!

Available to all military branches

Military & Family Life Counselors (MFLCs) are here to listen now more than ever. In response to the COVID-19 pandemic, MFLCs can now offer video teleconferencing services to help Service Members, spouses, children and staff address:

- » Deployment and reintegration issues
- » Marriage and relationship issues
- » Parenting and family issues
- » Communication challenges
- » Stress and anxiety
- » Sadness, grief and loss
- » Daily life issues



Helping You Is Our Priority

Consultations and trainings are **free** and **anonymous**. * **No records are kept.** The MFLC Program is intended for all Services, Guard and Reserve components. After-hours and weekend appointments are available.

Scheduling an appointment is easy Just call your MFLC.



Military & Family Life Counselors are available Monday - Friday Tele-HEALTH, 100% confidential.

(03/2020) * Exceptions to confidentiality include duty-to-warn cases, such as child abuse/neglect, domestic violence, harm to self or others or present/future illegal activity

1st BDE:	785-213-1627 or 785-210-7149
2nd BDE:	785-250-9057
CAB:	785-250-3300
1st SUS:	785-250-9148
DHQB/97th MP/DIVARTY:	785-250-3504



Adult MFLC Numbers:

785-285-2323 // 785-285-2291 // 785-285-2237 // 785-209-2974 // 785-285-0173 // 785-285-1991

MFLC Support is available for YOUTH, age 6-17 (a parent or guardian must initiate the call).

785-285-2410 // 785-259-9125 // 785-477-0207 // 785-210-7067 // 785-477-0584

For counseling services on weekends or Federal Holidays, please call Military OneSource at **1-800 342-9647**
Military OneSource is there for Service members and their Families 24/7 every day of the year.



FORT RILEY MFLCS ARE JUST A CALL AWAY!

MFLC
Military & Family Life Counselors