



Video and Telephone Counseling Now Available

Continue your progress at home so you can keep moving forward

The Military and Family Life Counseling Program is here for you during the coronavirus disease 2019 pandemic. We now offer telephone and video non-medical counseling in addition to face-to-face non-medical counseling.

Who is eligible?

Free and confidential non-medical counseling is available to service members, Department of Defense expeditionary civilians, their families and survivors.

Child and youth behavioral counselors are available to support children and youth up to age 18. They also offer guidance to families, staff and support personnel.

What can I expect from non-medical counseling?

Your Military and Family Life counselor can help with:

- Managing stress and changes at home due to COVID-19
- Adjusting to deployment and reintegration
- Preparing to move or adjusting after a move
- Strengthening relationships
- Managing problems at work
- Grieving the death of a loved one or colleague

Oak Harbor School District Schools with a CYB-MFLC

CYB-MFLCs can be reached at the numbers below:

Crescent Harbor & Olympic View Elementary Schools: 360-544-2680

North Whidbey Middle School: 360-682-7277

Oak Harbor High School: 360-929-2802

Call Military OneSource anytime, 24/7 at 800-342-9647
or visit www.MilitaryOneSource.mil.

