

Additional Resources

Fleet and Family Support Program

www.ffsp.navy.mil

Military OneSource

www.militaryonesource.mil

1-800-342-9647

National Domestic Violence Hotline

www.thehotline.org

1-800-799-7233

DoD Safe Helpline

www.safehelpline.org

1-877-995-5247

TRICARE

www.tricare.mil

988 Suicide & Crisis Lifeline

www.veteranscrisisline.net

988 then press 1

FFSC Virtual Clinical Counseling

CONNECT to GET CARE



Virtual Clinical Counseling

The Fleet and Family Support Center (FFSC) now provides in-person counseling and virtual clinical counseling for Sailors and families in the privacy of their own homes.

Who is it for?

Everyone needs someone to talk to sometimes. Virtual clinical counseling is available to individuals, couples and families.

What services are provided?

All counseling provided at Fleet and Family Support Centers including virtual clinical counseling is nonmedical, short-term, and solution-focused. The number of clinical sessions will depend on the client and specific challenges faced, and your counselor will discuss the best course of action with you in the initial assessment.

When you connect with a remote clinical counselor, they will be able to provide a range of evidence-informed clinical interventions, which vary depending on your needs as a client. Services include assessment, treatment planning, clinical counseling, and appropriate referrals.

What challenges can virtual clinical counseling address?

Virtual clinical counseling helps Sailors and their families with challenges such as:

- Separation
- Grief
- Deployment
- Relocation
- Relationship issues
- Parent-child interactions
- Other challenges related to military and family life

Where are services available?

Services are available worldwide from the privacy of your own home. As long as you have a private space and internet connection, we can help you to get started.

Who provides virtual clinical counseling?

The remote clinical counselors who provide virtual clinical counseling are professional, licensed clinicians. They are part of the Fleet and Family Support Center and provide nonmedical, virtual, short-term counseling at no cost to active-duty service members and their families.

How do I schedule an appointment?

Support is just a phone call away. **Call 1-855-205-6749 to get started.** If you are calling outside of regular business hours, leave a message and your call will be returned within one business day.