



# Counseling

It's okay to not be okay. Life can present you with problems that may be difficult to resolve on your own. If you find yourself struggling, consider taking advantage of the counseling sessions available through your program. Counseling can provide you with support, education, guidance and resources to learn and practice new coping strategies, which can help improve your mental health.

## Common reasons to seek counseling

- To cope with a big life transition
- To improve career prospects
- To develop parenting skills
- To manage mood swings
- To process grief and trauma
- To work on marital issues

## Key features

- No cost to you and your household members
- Convenient, confidential and provided by a third party
- Benefit from up to 6 pre-paid counseling sessions per issue, per year

### Counseling is available through the following modalities:



**In person**



**Text message**



**Live chat**



**Phone**



**Video conference**

*Webcam and high-speed internet required. Not all providers offer telehealth services.*



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