

Therapy Options

Military and Family Support Center & MCCS Community Counseling Program

On base counseling programs are available to provide individual, couples, children, and family counseling for active duty, reserve, retired personnel, family members, and DoD employees. Licensed and experienced counselors are here to assist with the challenges that can affect your emotional wellbeing, relationships, family life and military readiness. Services are confidential, within the limits of the law, and counseling records are not kept permanently or part of our medical record. The counselors can assist on a range of topics including but not limited to relationships/marital issues, stress management, parenting strategies, separation/divorce, grief and loss, and life changes and transitions

<u>MCCS Counseling Center</u> MCBH, Building # 216 Mon – Fri: 0730 – 1800 (808) 257-7780	<u>MFSC Pearl Harbor</u> 4827 Bougainville Drive Honolulu, HI 96818 Mon – Thurs: 0700 – 1600 (808) 474-1999	<u>MFSC Wahiawa</u> 500 Center Street, Bldg. 392 Wahiawa, HI 96786 Tue – Thu: 0700 - 1545 (808) 474-1999	<u>MFSC Hickam</u> 655 Vickers Ave, Bldg. 1105 JBPHH, HI 96853 Mon – Fri: 0730 – 1600 (808) 474-1999
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Military and Family Life Consultant

The MFLC Program has licensed clinical providers to assist Service Members and their families with issues they may face throughout the challenges of being a military family. The MFLC Program provides short-term, non-medical counseling support for a range of issues including: relationships/marital, crisis intervention, stress management, grief, occupational and other individual and family issues. Support for these issues empowers individuals during the problem-solving process, increases individual and family competency and resilience in coping with the challenges of military life and ensures that these issues do not detract from operational readiness.

Regiment & Battalions

3rd Regiment (808) 284-9640	1/3rd (808) 285-8407	2/3rd (808) 284-8498	3/3rd (808) 284-9743	1st/12 (808) 284-8727
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3d Radio (808) 284-9144	CLB 3 (808) 284-8311	MAG 24 (808) 284-2939	HqBN/MCAS (808) 518-5196	MARFORPAC (808)208-3836
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NAVY/AIRFORCE MFLC Services:

PHONE: (808) 221-1341 / (808) 221-0238 – Office is located on Hickam

Military One Source ***Adults Only – No services for children ***

Military One Source provides on-line, telephonic, and face-to-face counseling for free. Individuals are allowed 12 sessions per issue. In addition, you can visit Military OneSource via the website for information on a variety of topics and issues. Users may also use the Web site to order educational materials (booklets, CDs, etc.) at no charge and access consultants on-line on a 24/7 basis.

PHONE: 1-800-342-9647 OR www.militaryonesource.com

FOR DEPENDENTS ONLY

United Healthcare Behavioral Health Provider Search

1. Go to United Healthcare website: <http://www.uhcmilitarywest.com/>
2. From the top menu bar select "Find Care"
3. Below "Select link below for" click on "Behavioral Health Provider Search"
4. Enter zip code or city and state for provider search
5. Click on "View Details" to find out areas of expertise and types of treatment provided by therapist or click on "Create PDF of this page" located on the bottom right of the screen to get a listing of all the providers listed on screen.
6. When calling to schedule an appointment with a provider, please confirm that they still accept Tricare.
- 7.

ACTIVE DUTY MAY USE MFSC, MFLC, or MOS. OTHERWISE THEY MUST BE REFERRED TO THE MENTAL HEALTH CLINIC.