



- (1) **Chaplain – (719-567-3705)**
  - a. Session limits: none
  - b. Who qualifies: civilians and military members (marriage not required)
  - c. 100% confidentiality. Offer couples counseling, pre-marital counseling, general relationship counseling, as well as family relationship counseling
- (2) **Family Advocacy Strength-based Therapy (FAST) – (719-556-8943)**
  - a. Session limits: none
  - b. Who qualifies: married couples where at least one person is active duty
- (3) **Ft. Carson Child and Family Behavioral Health System (CAFBHS) – (719-503-7070)**
  - a. Session limits: 6-12 or longer as needed
  - b. Who qualifies: A couple as long as one member is a DoD ID card holder
  - c. Offer marriage and family therapy services to improve relational patterns and reduce distress
- (4) **Give an Hour – (www.giveanhour.org)**
  - a. Session limits: none
  - b. Who qualifies: military, veteran, or a loved one (marriage not required)
  - c. Face-to-face counseling opportunities driven by number of service providers in local geographic area willing to donate time
  - d. Phone and video counseling options, especially if face-to-face counseling is not available
    - Members see a therapist in the state they live in due to provider licensure requirements
    - Counseling conducted over the phone or via a HIPAA-compliant virtual technology platform
- (5) **Military and Family Life Counselor (MFLC) – (719-225-6003)**
  - a. Session limits: 12 sessions per issue
  - b. Who qualifies: Active duty, guard, reserve members and their loved ones (marriage not required)
- (6) **Military OneSource – (800-342-9647)**
  - a. Session limits: 12 sessions per issue per rolling calendar year
  - b. Who qualifies: married couples (as long as one person is active duty, guard or reserve) or a non-married couple if both are active duty, guard or reserve
  - c. Video small group discussions: members/spouses able to see, text, chat with licensed counselors
- (7) **Regis University – (719-264-7027)**
  - a. Session limits: none
  - b. Who qualifies: everyone qualifies (no military status required)
  - c. Therapist interns are part of 12-month Marriage and Family Therapy (MFT) internship program
  - d. 2 locations:
    - Regis University Campus (7450 Campus Dr., Colorado Springs, CO 80920). No fee.
    - Mt. Carmel Center of Excellence (530 Communication Circle, Colorado Springs CO 80905). A donation of roughly \$10/session requested, but members not charged if unable to pay.
- (8) **USO Oxygen 365 – (Oxygen365.com)**
  - a. Session limits: none
  - b. Who qualifies: Active duty, guard and reserve members and their loved ones
  - c. Offers customized growth plans for couples and relationship expertise through video podcasts
- (9) **VetCenters – (602 South Nevada Avenue, Colo. Springs, 719-471-9992)**
  - a. Session limits: none
  - b. Who qualifies: active duty, veteran, or activated reservist and his/her significant other. In order to be seen, veterans need to have experienced a combat-related deployment, worked in military treatment facility with frequent exposure to trauma patients, or operated UAVs. Relationship counseling needs to be connected to the traumatic experiences veteran/member has experienced.

