HOW TO REQUEST SERVICES

Our services can be requested in several ways; give us a call 24/7 using one of the provided numbers below, use the QR code or click the titles of services to request or download resources.



DHS/Columbia Protocol App Instructions



Download DHS/Columbia **Protocol App**





Advice

Expert

Support



912.267.2633

(FLETC Glynco)

877.235.7337 (24 hr Crisis Line)

*Telehealth sessions available

https://www.fletc.gov/counseling



Follow us on:









https://www.fletc.gov



THE MOMENT YOU NEED HELP **REACH OUT** TO US

Confidential and Trusted



HOW WE CAN HELP

We support the FLETC mission by providing confidential and comprehensive services by Licensed Professional Counselors (LPC) to FLETC and Participating Organizational Staff, students, and families to promote mental, physical, emotional, social, and spiritual wellness.

Our services provide assistance to individuals and families who are going through a stressful time in their lives. We understand that stressful events may be work, family, or personal life.



CONFIDENTIAL

Information that you share with our personnel is confidential. Our clinicians are legally bound to protect the privacy of all individuals.



AVAILABLE TO

- · FLETC staff and families
- Partner organization staff and families
- Students and families



SERVICES

- General Stress Management
- Grief Counseling
- Military/Veteran Specific Services
- Crisis Intervention
- Group Crisis Response
- Traumatic Incident
 Management
- Information and Referral to local and national services
- Needs Assessments
- Training and Wellness



ISSUES

- General Anxiety
- Depression
- Work/Life Stress
- Academic Stress
- Adjustment Stress
- Marriage and Family
- Grief and Loss
- Trauma Reduction
- Victimization
- Substance Misuse/Abuse
- Any event that causes stress, anxiety, or life imbalance



STAFF QUALIFICATIONS

Our specialists are fully licensed clinicians.



SCOPE OF SERVICES

- Available 24 hours a day
- 365 days a year



CONNECTING THE ROAD TO GROWTH