

NEED TO TALK?



Military & Family Life Consultants

Headquarters USSOCOM has its own full-time Military & Family Life Consultant (MFLC) who is here to help with life's challenges. The MFLC is available to HQ USSOCOM personnel and their family members to address any of the following issues:

- Deployment and reintegration
- Marriage and relationships
- Parenting and family issues
- Communication
- Stress and anxiety
- Sadness, grief and loss
- Daily life challenges



Does Seeking Help Affect Your Security Clearance?

Question 21 of the SF86 Questionnaire for National Security Positions, which asks about mental health treatment, has been revised. The question now makes an exception for counseling related to marital, family or grief issues, unless related to violence by you. It also excludes counseling for adjustments from service in a military combat environment as grounds for answering, "yes."

Seeking professional care for these mental health issues should not jeopardize an individual's security clearance. Getting the support you need can prevent minor issues from becoming major problems. We encourage you to take advantage of these free, confidential services.

HQ USSOCOM MFLC: Ruby Hedin

The MFLC offers non-clinical/non-medical counseling for individuals, couples, families, staff, and groups. She can help with concerns such as bereavement, communication skills, anger management, conflict resolution, occupational stress, stress management, family dynamics, child behavior, family separation, and relationships. In addition, she is available to provide briefings and presentations on all the topics listed in this flyer, as well as subjects such as building resilience, marriage enrichment, developing more effective coping skills, and SOF-specific needs.

MFLCs do not create or maintain any documentation on individuals who receive help, and services are free. Counseling is solution-focused, with a 12-session limit mandated by DOD. Counseling is anonymous and confidential with the exception of duty-to-warn situations including danger to self or others, child or elder abuse, domestic violence, criminal activity, substance dependence, and sexual assault (MFLC's are not restricted reporters). These matters require referral to appropriate agencies.

To ensure easy access and preserve anonymity, Ruby is available to meet in her office or anywhere on or off base except your home or car.

Contact Info

Blackberry:
(813) 470-0421

Office:
8206 Hillsborough Loop Dr.
Bldg. 378, Room 306