

Your Strength, Our Support: Counseling For Military Spouses



No referral needed: Access care directly.

At Telemynd, we are dedicated to not only providing high-quality mental health care to Active Duty Service Members, but to the entire **Tricare Population**. Our mission is to **support military families** by offering **accessible and comprehensive mental health services**.

Overcoming Your Obstacles

We understand the **unique challenges** faced by military families. Our services are designed to address **these specific needs and many more:**



Reverse Work Cycle

Supporting spouses dealing with non-traditional work hours.



Post-Deployment Reintegration

Helping families readjust to life together after deployment.



Engaging Children

Keeping children connected with their active-duty parent during deployment.



Career Challenges

Assisting spouses in finding work and managing career transitions during moves.



PCS Moving

Navigating the stress and uncertainty of relocation.

Our Services

We offer a **wide array of services** to meet the needs of **our military spouses**, including but not limited to:



Individual Therapy



Child and Adolescent Therapy



Couples Counseling



Medication Management



(866) 991-2103



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