Mental health affects everyone.

Did you know that **1 out of 5** adults struggle with a mental health condition?

LIFE CAN BE HARD,
BUT THERE IS HELP.

SCAN THIS CODE TO BEGIN

Lutheran Military Member Assistance Program

AVAILABLE SERVICES

Christian Family Solutions and Lutheran Military Support Group are partnering to offer a Member Assistance Program, which will supply 5 hours of counseling sessions each calendar year at no cost for active-duty WELS/ELS members, Veterans, and their family members (spouses and dependents). These services are available either in person at a Christian Family Solutions clinic, or via a secure, online video connection.

For a list of Christian Family Solutions counseling clinics near you, please call **800-438-1772** or visit **ChristianFamilySolutions.org.** You can find information about the counselors and their specialty areas on the website as well.

The counselors at Christian Family Solutions can help you and your family through a variety of challenges such as depression, trauma, stress/anxiety, marital discord, children's behavior issues, anger, grief, conflict, relationship issues, and many other areas of concern.

GETTING STARTED

To access the free counseling services or for more information, please email **Info@LutheranMilitary.org**, and you will be provided with an online intake to complete. Once the intake has been completed, a representative from Christian Family Solutions will contact you to schedule your appointment.

We look forward to bringing you & your family the best in Christian care!

LUTHERAN MILITARY SUPPORT GROUP
Shoulder to Shoulder in Service

CHRISTIAN FAMILY SOLUTIONS
Counseling Care & Services

800-438-1772 • e-mail: map@wlcfs.org
ChristianFamilySolutions.org

8/2024
Member Assistance Program > MAP > MAP Congregations > WELS-ELS > Lutheran Military Support Group