



VIRTUAL COUNSELING FOR MARINES AND THEIR FAMILIES

Semper Support is here to help you navigate life's challenges—anytime, anywhere. We provide free, confidential, virtual, non-medical counseling to active-duty and reserve Marines and their families.

Whether you're on the move, overseas, or just need support outside of business hours, Semper Support is just a call or click away.

WHAT WE OFFER

- Up to 12 solution-focused, virtual sessions
- Referrals to additional support as needed
- 24/7 access from anywhere



WHO WE SUPPORT

- Active-duty & reserve Marines and families
- Geographically dispersed Marines (including recruiters and embassy personnel) and families
- Marines and families waiting for installation counseling services
- Families needing support outside traditional hours



OUR MISSION

To strengthen resilience, promote well-being, and enhance mission readiness through proactive, short-term counseling and early intervention.

SEMPER SUPPORT: SUPPORTING MARINES. STRENGTHENING FAMILIES.

READY TO TALK?

CALL: 800-342-9647

VISIT: militaryonesource.mil/benefits/marine-corps-semper-support

