


WHERE DO I GO FOR HELP?

		Helping Agency											
		Alcohol & Drug Abuse Prevention 722-1883	Airman & Family Readiness 722-1123	A&FRC- Military Family Life Counselor * See below for phone number	Behavioral Health Optimization Program (BHOP) 722-1802	Chaplain 722-0315	Equal Opportunity 722-1180	Family Advocacy 722-1878	Health and Wellness Center 722-0575	Mental Health Clinic 722-1883	Military One Source (800) 342-9647	Medical Group - Primary Care 722-1802	Sexual Assault Response Coordinator 920-7272
Life Stressors	Alcohol/Drugs	★			★	★						★	
	Clinical Anxiety/Panic/Depression				★					★	★	★	
	Domestic Violence/Neglect				★			★					
	Finances		★	★						★	★		
	Grief			★	★	★				★	★	★	
	Homicidal Thoughts				★	★				★		★	
	Nutrition/Fitness/Tobacco				★				★	★	★	★	
	Marriage/Family		★	★	★	★		★		★	★	★	
	Need for Medication				★					★		★	
	Relationships		★	★	★	★		★		★	★	★	
	Sadness/Worry		★	★	★	★				★	★	★	
	Sexual Assault			★		★		★		★		★	★
	Sexual Harassment					★	★			★		★	
	Suicidal Thoughts				★	★				★		★	
	Unlawful Discrimination						★						
	Work/School		★							★	★	★	

Adult MFLC: 919-886-3346

Child MFLC: 919 886-3405