

FEELING OVERWHELMED BY COVID-19?

YOU ARE NOT ALONE

While most are justifiably focused on taking care of physical health at the moment, don't forget to take care of your mental and emotional health as well. If you're struggling and need someone to talk to, don't wait. Utilize your resources today and remember you are not alone. We are in this together!

MILITARY RESOURCES



Military OneSource: 1-800-342-9647 <https://www.militaryonesource.mil>

Offers a wide range of individualized consultations, coaching and non-medical counseling for many aspects of military life wherever you are, worldwide.



Airman & Family Readiness Center (A&FRC):

(AKA M&FSC, Fleet & Family or Army Community Services)

Support includes: financial, deployment, relocation, transition, employment, voting, EFMP, information & referral and more. Seymour Johnson AFB A&FRC: 919-722-1123 Open by appointment only or email 4FSS.FSFR@us.af.mil

Or find your nearest center: <https://installations.militaryonesource.mil>



Military and Family Life Counselors (MFLC):

Support for service members, families and survivors with non-medical face-to-face counseling on and off installation.

SJAFB: 919-722-7184, cell: 919-886-3346



Exceptional Family Member Program (EFMP):

The Family Support branch of EFMP provides coordination of support services on and off installation through family needs assessments, providing resources that enhance quality of life for family members with exceptional needs.

SJAFB: 919-722-7337 or email Arndrea.thomas@us.af.mil. For EFMP Medical call: 919-722-0809



Emergency Financial Assistance Relief Societies:

Air Force: <https://afas.org>

Army: <https://www.armyemergencyrelief.org>

Navy & Marine: <https://www.nmcrs.org>

Federal Civilian: <https://feea.org>



Military/Veteran Crisis Line: Confidential 24/7 call 1-800-273-8255 text 838255 or chat. <https://www.veteranscrisisline.net/get-help/military-crisis-line>



Employee Assistance Program:

For DoD civilian employees. Call 1-866-580-9078, or visit EAP www.magellanascend.com



CIVILIAN RESOURCES

National Resource Directory: Still not finding what you're looking for? Try <https://nrd.gov> CDC "Manage Anxiety & Stress"

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

SAMHSA Disaster Distress Helpline (800) 985-5990 or text "TalkWithUs" (or "Hablanos") to 66746

Provides 24/7 crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters. <https://www.samhsa.gov/find-help/disaster-distress-helpline/contact-us>

Coping tips for traumatic events/disasters: www.samhsa.gov/find-help/disaster-distress-helpline/coping-tips

NAMI Free Support 24/7 Text NAMI to 741741

Resource Library <https://www.nami.org/Find-Support/NAMI-HelpLine/NAMI-Resource-Library>

COVID-19 Resources: <https://www.nami.org/About-NAMI/NAMI-News/2020/NAMI-Updates-on-the-Coronavirus>

Online support groups

<https://www.verywellmind.com/best-online-anxiety-support-groups-4692353>