


WHERE DO I GO FOR HELP?

		Helping Agency *all numbers are 919 area codes unless noted												
		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 Promotion 722-0407	Legal Office 722-5322	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			★	★	★				★	★	★		★
	Hazing/Bullying				★	★	★			★				★
	Homicidal Thoughts				★	★				★		★		★
	Nutrition/Fitness/Tobacco				★			★			★	★		★
	Marriage/Family		★	★	★	★	★		★	★	★	★		★
	Need for Medication				★					★		★		
	Relationships		★	★	★	★	★		★	★	★	★		★
	Sadness/Worry		★	★	★	★				★	★	★		★
	Sexual Assault			★	★	★	★			★	★	★	★	★
	Sexual Harassment					★	★	★		★		★		★
	Suicidal Thoughts				★	★				★		★		★
	Unlawful Discrimination							★						★
	Work/School		★		★						★	★	★	★
Adult MFCL: 886-3346		Child MFCL: 904-3217			USO Programs: 330-1226 or visit northcarolina.uso.org					updated Apr 20				
4 FW/IG Hotline: 722-0211, cell: 273-9850		DoD Fraud, Waste, & Abuse (FW&A) Hotline: (800) 424-9098					Worldwide DoD Safe Helpline: 877-995-5247							