

Important Phone Numbers

Airman & Family Readiness

919 722 1123

Chapel

919 722 0315

Family Advocacy

919 722 1878

Health & Wellness Center

HAWC 919 722 0407

Mental Health Flight

919 722 1873

After-hours 919 722 1802

Military & Family Life Consultants

919 440 2858

DSN 722 2349

Toll-free 888 755 9355

School Liaison Officer

919 722 0691

Sexual Assault Prevention & Response

919 722 7272

After-hours 919 920 7272



*IDS Helping Agencies
can put you on the right path.*

Integrated Delivery System Helping Agencies



For class schedules and upcoming event information,
visit the IDS Helping Agencies online: www.sjfss.com

Tel: 919 722 5618

Helping Agencies

The Integrated Delivery System (IDS) is the working arm of the Community Action Information Board (CAIB), a collaboration of Seymour Johnson's helping agencies.

A to Z

Airman & Family Readiness Center

The Airman & Family Readiness Center provides individuals, families and leadership with programs and services, which strengthen our community and promote self-sufficiency, mission readiness and adaptation to the Air Force Way of Life. For more information, call (919) 722-1123.

Chapel

The 4th Fighter Wing Chapel Mission is to ensure the free exercise of religion and to provide opportunities for spiritual growth and religious growth through worship, religious education, pastoral counseling and visitation. Pastoral counseling is absolutely confidential and appointments may be made by calling the chapel. Emergencies that occur after duty hours are handled by the Duty Chaplain who can be reached by calling the Command Post at 722-1973. Sacraments, rites and ceremonies such as marriage, funerals, baptism, confirmation, etc., can be arranged with the chaplain of your choice. For more information, call the chapel at (919) 722-0315.

Family Advocacy

The Family Advocacy Program has a myriad of services for the prevention and treatment of family maltreatment. For more information, call (919) 722-1883.

Health and Wellness Center

The Health and Wellness Center (HAWC) is committed to providing premier health and wellness services to members of the Seymour Johnson community. The HAWC encourages healthy lifestyle practices and aims to provide comprehensive, quality, out-come based health promotion and disease prevention programs. Our services are designed to improve mission readiness and the overall quality of life by helping to prevent major diseases such as heart disease and diabetes. For additional information, call the HAWC at (919) 722-0407 Mondays-Fridays between 0730-1630. We are located on the second floor of the Fitness Center, Bldg 4210.

Mental Health Flight

The Mental Health Flight provides quality outpatient care. Patients are seen via self-referral, command referral, PCM consultation, or as mandated for ADAPT. The Mental Health Flight also includes the Global War On Terrorism (GWOT) program. Active duty members and their dependents affected by deployment related issues receive up to four undocumented visits for services. For more information, call (919) 722-1873. After-hours, call (919) 722-1802.

Military & Family Life Consultants

MFLCs are available to help service members, spouses, family members, children and staff address the following:

- Deployment/reintegration issues
- Marriage & relationship issues
- Parenting/sibling & family issues
- Communication challenges
- Stress & anxiety; daily life issues
- Depression, grief & loss

Consultations and trainings are free and anonymous. No records are kept. Helping you is our priority. after-hours and weekend appointments are available and group or off-site meetings can be arranged. Scheduling an appointment is easy. Just

call your local MFLC at (919) 440-2858 or DSN 722-2349. For more information, or to access the MFLC services, please call MHN toll-free at (888) 755-9355.

School Liaison Officer

The School Liaison Officer is an advocate for the educational needs of our military children, i.e. a point of contact for military family members seeking assistance with school related matters. He networks and partners with the public school system and private schools to assist Seymour Johnson Air Force Base school age children in obtaining educational opportunities. For more information, call (919) 722-0691.

Sexual Assault Prevention and Response

The Sexual Assault Prevention and Response (SAPR) Program reinforces the Air Force's commitment to eliminate sexual assaults through awareness and prevention training, education, victim advocacy, response, reporting, and accountability. The Air Force promotes sensitive care and confidential reporting for victims of sexual assault and accountability for those who commit these crimes. The SAPR program is available 24 hours a day to provide direct response to victims of sexual assault by call 722-7272 or after hours 919-920-7272.

