


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 | 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