


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