

Know When and Where to Ask for Help



Please consider your Supervisor and/or First Sergeant as your first resource

Phone #	257-2778	257-2778	257-4608	257-6877	257-6877	257-7427	716-6720	257-3592	904-9358	257-7272
CHIEF COMPLAINT	BHOP 88th MDG	Medical Provider	Family Advocacy	Mental Health	ADAPT	Chaplain 100% Confidential	Military and Family Life Consultant	AFRC Finance	Health Promotions	SARC
Work/School	Green			Green		Green	Green			
Finances								Green		
Nutrition & Fitness									Green	
Relationships	Green		Green	Green		Green	Green			
Marriage/Family	Green		Green	Green		Green	Green			
Grief/Death	Green			Green		Green	Green			
Abuse/Neglect			Green							
Situational Depression	Green	Green		Green		Green	Green			
Sexual Assault		Green	Green							Green
PTSD		Green		Green						
Anxiety/Panic	Green	Green		Green						
Chronic Depression		Green		Green						
Alcohol/Drugs					Green					
Suicidal Thoughts				Green		Green				
Homicidal Thoughts				Green						
Anger Issues	Green		Green	Green			Green			
Parenting			Green				Green			

How to Report Physical or Sexual Assault and/or Sexual or Physical Abuse

START HERE

