



# WHERE DO I GO FOR HELP?



WHERE AFM	ADAPT	Adolescent Support and Counseling Services (ASACS)	Airmen and Family Readiness Center (A&FRC)	Area Defense Counsel	Behavioral Health Optimization Program (BHOP)	Chapel	Community Support Coordinator (CSC)	Drug Demand and Reduction	Domestic Violence Victim Advocate	Educational and Developmental Intervention Services (EDIS)	Education and Training	Equal Opportunity (EO)	Exceptional Family Member Program (EFMP)	Family Advocacy Program (FAP)	First Sergeant (Shirt)	Health Promotions	Legal	Mental Health	Military and Family Life Counselor (MFLC)	School Liaison (SLO)	Sexual Assault Response and Prevention	Violence Prevention Integrator
Alcohol/Drug	●	●		●	●	●		●							●			●				
Anxiety/Depression/Sadness/Worry		●		●	●	●									●			●	●			
Child and/or Adult Issues Concerns		●	●	●	●	●				●			●	●	●			●	●	●		
Domestic Violence or Neglect		●		●	●	●			●					●	●			●				
Finances			●	●		●									●							
Information and Referral	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Homicidal/Suicidal Thoughts		●		●	●	●									●			●				
Marriage and Family		●	●	●	●	●								●	●			●	●			
Nutrition/Fitness/Tobacco		●			●										●	●		●				
PCSing/Separation			●			●							●		●				●	●		
Resilience		●			●	●	●								●			●	●			●
Sexual Harassment		●		●	●	●			●			●		●	●			●				
Sleep/Stress		●			●	●									●	●		●	●			
Special Needs			●							●			●		●					●		
Unlawful Discrimination				●		●						●			●							
Work Concerns		●	●	●	●	●				●	●	●	●		●			●	●			
Sexual Assault																					●	

**MILITARY CRISIS LINE: 1 (800) 273-8255**