

How do YOU feel?

Low Distress

Moderate Distress

High Distress

★SHARE with a Friend
or Supervisor

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MilitaryOneSource.mil
1-800-342-9647

Options:
In-person counseling , by phone,
or Online Chat

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Chaplains
301-981-2111

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Military and Family
Life Counselor
301-981-7087

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★Clinical Health Psychology
Health & Lifestyle Changes
240-857-7186

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AF Employee Assistance Program
AF Civ (APF & NAF), Guard,
Reserve, and Family Members
1-866-580-9078
www.afpc.af.mil/EAP

**Common concerns
at this level:**

Sadness/Feeling down
Anger/Frustration
Relationship difficulties
Job stress/School stress
Anxious about future
Life transition stress

★Primary Care Behavioral Health
(BHOP)

1-888-999-1212
or ask your PCM

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★Family Advocacy Program
240-857-9680

Domestic Assault Victim Advocate
24/7 Hotline: 301-228-0475

Also ask about New Parent
Support Program

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★Alcohol and Drug Abuse
Prevention and Treatment
240-857-7186

**Common concerns
at this level:**

Lasting sadness despite efforts
Major relationship changes
Sleep difficulties
Significant life transitions
Anxiety affecting performance
Notable negative events occur
Deployment stress
Family difficulties
Loneliness

★Specialty Mental Health Clinic
Group and Individual Therapy

240-857-7186

★Crisis Walk-in (0730-1630)

If after hours: Nearest ER
or call 911

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Military Crisis Line (24/7)

DSN Phone Dial 118

1-800-273-8255 (press 1)

Text 838255

Chat Online at
www.veteranscrisisline.net

**Common concerns
at this level:**

Thoughts about death/dying
Thoughts about suicide
Thoughts of killing others
Severe anger
Depressed mood
Lack of energy/motivation
Hopelessness/Helplessness
Social isolation
Severe nightmares
Anxiety or panic most days
Alcohol or substance problems

Sexual Assault Victim Advocate

Local: 301-981-7272 DoD Safe Helpline (24/7): 1-877-995-5247

★These venues, under specific conditions, have the potential to report limited information to Command to ensure safety is a priority.