

WHERE TO GO FOR HELP



CHAPLAIN CORPS

Chaplains provide spiritual care and ensure all military and civilian Citizen Airmen and their families have the opportunity to exercise their constitutional right to the free exercise of religion. Chaplains are trained to help people in their time of need and ensure 100 percent confidentiality. Call your base chaplain or go to <https://www.afrc.af.mil/About-Us/Chaplain/>.

VIOLENCE PREVENTION INTEGRATOR

A VPI is a licensed social worker who promotes team coordination and collaboration to assist Citizen Airmen on violence-related prevention efforts such as interpersonal and self-directed violence, domestic violence, violence against children, sexual assault, suicide, and workplace violence and bullying. For a list of VPI offices, go to <https://www.afrc.af.mil/About-Us/SAPR/>.

DIRECTOR OF PSYCHOLOGICAL HEALTH

DPHs are local, professional, licensed clinical social workers on base who can assist with a variety of military and related issues, including, but not limited to anxiety, depression, work stress, family discord, anger, marriage, etc... For a list of DPH offices, go to <https://www.afrc.af.mil/About-Us/PHAP/> and click on the list of DPHs midway down the page.

KEY SPOUSE

The Key Spouse program is a vital network for supporting Reservists and their families. While Key Spouses do not serve as subject matter experts, they do have the training and resources to connect you with the person who has the answers. Find out more by visiting <https://www.afrc.af.mil/Benefits-and-Entitlements/Key-Spouse-Program/>.

YELLOW RIBBON

The Air Force Reserve Yellow Ribbon Program is a series of events designed to provide Citizen Airmen and families with essential resources prior to deployment, a level of stability and support while deployed, and successful reintegration techniques after the deployment cycle ends. Call 478-327-1041.

MILITARY ONESOURCE

Military OneSource Offers a wide range of free individual consultations, coaching and counseling for many aspects of military life. Check out militaryonesource.mil or call 800-342-9647 any time.

CIVILIAN EMPLOYEE ASSISTANCE PROGRAM

EAP is a free professional service that provides information, consultation, problem-solving counseling, resource identification and support to all civilian employees and their immediate family members. For more information, call 800-222-0364 or visit <http://www.foh4you.com>.

AIRMAN & FAMILY READINESS

A&FR Centers serve as the focal point for Air Force family matters. Their mission is to build stronger communities that promote self-sufficiency and enhance mission readiness, retention and adaptation to the Air Force way of life. For a list of A&FR offices, go to <https://www.afrc.af.mil/About-Us/Airman-Family/>.

DOD SAFE HELPLINE

The telephone helpline provides confidential crisis intervention, support and information to members of the DoD community who have been sexually assaulted. The helpline offers crisis intervention, emotional support and referrals to both military and civilian resources in your area. For more information, call 877-995-5247.