

# JBER Mental Health Resources

## Active Duty

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**Chaplain: JROC 907-552-5762**

100% confidential, non-medical counseling.

**Military Family Life Counseling (MFLC):**

AIR FORCE: 907-552-4943 ARMY: 907-384-1517

Casual non-medical counseling sessions/support for individuals, couples, and children.

**Military One Source: 1-800-341-9647 or [www.militaryonesource.mil](http://www.militaryonesource.mil)**

Non-medical services offering 24/7 support for service members, spouses, and family members.

(services are provided online or over the phone)

**Telemynd: 1-866-991-2103 or [www.telemynd.com/hnfs](http://www.telemynd.com/hnfs)**

Telemental health provider that can provide counseling to address concerns such as major life stressors, family/work issues, grief, depression and anxiety. (services are provided online or over the phone)

**Family Advocacy: 907-580-5858**

Provides educational and maltreatment support services for the military family. Services include: New Parent Support Program, anger management classes, couples counseling, parenting skills.

**Primary Care Manager (PCM): 907-580-2778 (Opt 1, 1) or**

**<https://patientportal.mhsgenesis.health.mil>**

Call to schedule an appointment with your PCM or leave a secure message using the MHS Genesis Patient Portal link.

**Primary Care Behavioral Health (PCBH): 907-580-2778 (Opt 1,1)**

Counseling that follows a team-based approach. PCBH treats all aspects of your health, and helps improve your overall functioning and quality of life.

**Crisis Line 24/7:**

**1-800-273-8255 or Text 838255**

**If hearing impaired: 1-800-799-4889**

**Chat online:**

**<https://www.veteranscrisisline.net/get-help/chat>**

### More Resources

**True North Counseling:**

Unit embedded teams that specialize in strengthening resiliency through limited scope counseling. To find your provider's number call the JBER Mental Health Clinic or consult with your unit's First Sergeant.

**673<sup>rd</sup> MDG Mental Health Clinic (ALL SERVICE BRANCHES): 907-580-2181**

**TMC Behavioral Health Clinic (ARMY): 907-384-0405**

Individual and group counseling, assessment and referral, special duty evaluations

**Anchorage Vet Center: 907-563-6966 or <https://www.va.gov/anchorage-vet-center/>**

Individual and couples counseling, group therapy, referral services, telehealth, transition services

### Other Useful Links

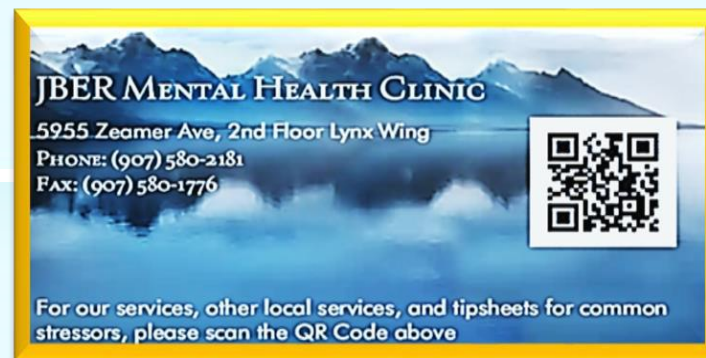
**Recommended Wellness Apps: <https://www.militaryonesource.mil/health-wellness/recommended-wellness-apps/>**

**Psychological Health Resource Center: 1-866-966-1020 or [www.health.mil/PHRC](http://www.health.mil/PHRC)**

Provides 24/7 consultation on psychological health topics and community resources

**Dr+ on demand: <https://doctorondemand.com/microsite/hnfs/>**

Virtually provides face-to-face urgent care and mental health services



**FOR MENTAL HEALTH EMERGENCIES: CALL 911 OR PROCEED TO THE NEAREST EMERGENCY ROOM**

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## Family Member/Retiree

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