



JBER HELPING AGENCIES



For Emergencies, Dial 911. For Immediate Help, Contact Command Post 24/7 at 907-552-3000
 National Suicide Prevention Lifeline Available 24/7 at 800-273-8255 Sexual Assault Hotline Available 24/7 at 907-384-7272



STRESSORS

| | Alcohol & Drug Abuse Prevention Program (ADAPT) 907-580-2181 | Army Substance Abuse Program (ASAP) 907-384-1412 | Military & Family Readiness Centers (M&FRC) 907-552-4943 907-384-1517 | Behavioral Health Clinic (Army TMC) 907-384-0405 | Chaplain Corps (JROC) 100% Confidentiality 907-552-5762 | Equal Employment Opportunity/Equal Opportunity (EEO/EO) 907-552-2115 | Family Advocacy Program (FAP) 907-580-5858 DAVA: 907-947-0888 | Civilian Employee Assistance Program (EAP) 907-384-0863 866-580-9078 | Health Promotion 907-551-2361 | Mental Health Clinic 907-580-2181 | Military & Family Life Counselor (MFLC) 907-384-1534 | Military OneSource 24/7 Ops 800-342-9647 | Sexual Assault Prevention & Response Office (SAPRO) 907-551-2020 | Sexual Harassment Assault Prevention & Response (SHARP) 907-384-1945 | American Red Cross 907-552-5253 877-272-7337 |
|---------------------------|---|---|---|---|--|---|--|--|----------------------------------|--------------------------------------|---|--|---|---|--|
| Alcohol / Drugs | ● | ● | | ● | ● | | | ● | | ● | ● | | | | |
| Anger Management | | | ● | ● | ● | | ● | | | ● | ● | ● | | | |
| Anxiousness | | | | ● | ● | | | ● | | ● | ● | ● | | | |
| Conflicts (Interpersonal) | | | ● | ● | ● | ● | ● | ● | | ● | ● | ● | | | |
| Discrimination | | | | | | ● | | | | | | | | | |
| Finances | | | ● | | | | | ● | | | | ● | | | |
| Grief / Sadness | | | ● | ● | ● | | ● | ● | | ● | ● | ● | | | |
| Fitness / Tobacco | | | | | | | | ● | ● | | | ● | | | |
| Hostile Work Environment | | | ● | | ● | ● | | ● | | | | | | ● | |
| Marriage / Family | | | ● | ● | ● | | ● | ● | | ● | ● | ● | | | |
| Relationships | | | ● | ● | ● | ● | ● | ● | | ● | ● | ● | | | |
| Loneliness / Isolation | | | | ● | ● | | ● | ● | | ● | ● | ● | | | |
| Sexual Assault | | | | | ● | | ● | | | ● | | | ● | ● | |
| Sexual Harassment | | | | | ● | ● | ● | | | ● | | | | ● | |
| Sleep / Nutrition | | | | ● | | | | ● | ● | ● | ● | ● | | | |
| Stress | | | ● | ● | ● | | ● | ● | ● | ● | ● | ● | | | |
| Suicidal Thoughts | ● | | | ● | ● | | ● | | | ● | ● | ● | | | |

Accessing support services is generally considered confidential and each agency will disclose any limits of confidentiality to you prior to initiating services.

All services are available to military family members with the exception of ADAPT, Behavioral Health, Mental Health and EAP.

Current a/o Oct 21



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Alcohol and Drug Abuse Prevention and Treatment (ADAPT):*

Assesses active duty Air Force members for substance related disorders, based on self or command referral. Provides prevention briefings to units/duty sections upon request. Provides counseling to active duty members for substance related concerns.

Army Substance Abuse Program (ASAP):*

Administer the Army military/civilian Biochemical Testing Program in accordance with AR 600-85. Provides alcohol and drug prevention education through Unit Prevention Leader training (UPL), military and civilian education classes, awareness events and intense remedial education (Prime for Life). Governs the Commander's Risk Reduction Toolkit.

Military & Family Readiness Centers: Provides information and referral services, as well as assistance addressing the following topics: financial education, transition and relocation, Air Force Aid Society, Army Emergency Relief, Exceptional Family Member Program (EFMP) family support, school liaison questions, voting program, spouse employment, deployment support, Key Spouse Program and Soldier & Family Readiness Groups.

Behavioral Health Clinic (Army Troop Medical Clinic):* Provides Behavioral Health services for issues such as: Post Traumatic Stress Disorder, Depression, Anxiety, Anger, Suicidal Thoughts, Stress, Sleep, Interpersonal Relationships and Marriage Counseling (Active Duty Army only & spouse in DEERS).

Chapel Counseling Services: All discussions with a Chaplain are absolutely confidential (UCMJ privileged communication) and cover a wide variety of issues including individual counseling, relationship and family concerns, work issues, stress and anger management, suicidal ideations, spiritual concerns and ethical issues.

Health Promotion: Goal is to enhance optimal health and readiness through clinically integrated, evidence-based human performance services. Provides education on tobacco cessation, weight management and nutrition counseling. Available to brief units/duty sections upon request.

* = Active Duty Military Members Only
** = Civilians Only

Employee Assistance Program (EAP) Federal Occupational Health:**

EAP is a professional service that provides problem solving, coaching, information, consultation, counseling, resource identification, and support to all APF and NAF government civilian employees and members of their household. The Army program serves active duty/retiree family members.

Equal Employment Opportunity/Equal Opportunity (EEO/EO): The mission of EEO/EO is to support mission effectiveness by promoting an environment free from unlawful discrimination, sexual harassment, bullying and hazing in the workplace. Military members, retirees and their family members are protected from unlawful discrimination on the basis of race, color, national origin, sex (gender identity, and sexual orientation), religion, sexual harassment. In addition military members are also protected from bullying, hazing, retaliation, and reprisal. Civilian employees and applicants for employment are protected from discrimination on the basis of race, color, religion, sex (including pregnancy, gender identity, and sexual orientation) national origin, age (40 or older), disability, genetic information, and cannot be subjected to sexual harassment or retaliation for participating in the complaint process. Also, civilians can be subjected to hazing and bullying, which is to be properly addressed and corrected by the chain of command.

Family Advocacy Programs (FAP): Addresses the prevention and treatment of domestic violence and child abuse. Provides direct services that include crisis intervention and safety planning, counseling, risk assessment and training in the field of domestic violence and child abuse. The program includes prevention and education services, clinical counseling, case management, victim advocacy, parenting classes, new parent support programs, anger management, healthy relationship education and effective communication seminars.

Military and Family Life Counselor (MFLC): Experienced, licensed mental health professionals (Masters or Ph.D. level) providing non-medical short-term counseling services, coaching, education and trainings to military service members, couples, families and groups. MFLCs can meet you just about anywhere (with the exception of your home).

Mental Health Clinic:* The Mental Health Clinic offers services for active duty members only. They provide evidence-based treatment for managing life stressors including (but not limited to) anxiety, depression and trauma.

Military OneSource: Non-medical counseling is available through Military OneSource. Many different types of counseling are offered, including face-to-face counseling, online counseling, telephonic counseling, financial counseling, international calling counseling, health and wellness coaching.

Sexual Assault Prevention and Response (SAPR): The SAPR office provides command support, prevention education and 24/7 victim response. Services offered for Air Force active duty, their dependents (18 and older) and AF Civilian employees. SAPR provides confidential support for adult victims of sexual abuse and sexual assault. The SAPR office, in concert with the Violence Prevention Integrator, assists commanders with meeting Sexual Assault Prevention training requirements.

Sexual Harassment/Assault Response and Prevention (SHARP): The Sexual Harassment/Assault Response & Prevention (SHARP) program reinforces the Army's commitment to eliminate incidents of sexual harassment and sexual assault through a comprehensive policy that focuses on education, prevention, investigation, accountability, and victim services. 24/7 SHARP Program services are available to all Army Soldiers, their dependents (18 years and older) and DA Civilians. The SHARP Program Office tracks all retaliation and reprisal allegations reference to a sexual assault or sexual harassment report.

American Red Cross: "The American Red Cross...around the clock...around the world-helping military families." Provides emergency communication, access to financial assistance for emergency leave and other special circumstances on a case by case basis. Can assist with information and referral. Provides various health and safety classes.

Visit the following link for more information on JBer Helping Agencies:
<https://www.jber.jb.mil/Services-Resources/JBER-Connect-Resources/>

