



JBER Mental Health Resources

Active Duty, Family Mbrs, Retirees

Chaplain: JROC (907) 552-5762
100% confidential, non-medical counseling

Military & Life Consultants (MFLC)
AF: 907-552-4943/ARMY: 907-384-1517
Casual, non-medical counseling/ support for individual, couples and children

Military One Source: 1-800-341-9647 or www.militaryonesource.mil
Non-medical services offering 24/7 support for service mbrs, spouses, and family.

Telemetry: 1-866-991-2103 or www.telemetry.com/hnfs
Provides counseling to address concerns such as major life stressors, family/work issues, grief, depression and anxiety.

Family Advocacy: 907-580-5858
Provides educational and maltreatment services such as New Parent Support Program, anger mgt classes, couples counseling, parenting skills.

Primary Care Manager (PCM): 907-580-2778
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
Counseling treating all aspects of your health, and helps improve your overall functioning and quality of life.

Anchorage Vet Center: 907-563-6966 or
<https://www.va.gov/anchorage-vet-center/>
Individual & couples counseling, group therapy, referral services, telehealth, transition services

Crisis Line 24/7:
Call or Text 988
If hearing impaired: 1-800-799-4889
Chat online:
www.veteranscrisisline.net/get-help/chat



JBER Mental Health Resources

Active Duty Only

True North Counseling:

Unit embedded teams 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.

673d Mental Health Clinic (ALL BRANCHES):
907-580-2181

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

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

Other Resources

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

Recommended Wellness Apps:

militaryonesource.mil/health-wellness/recommendedwellness-apps/

Psychological Health Resource Center: 1-866-966-1020 or
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

Employee Assistance Program

907-384-0863

Provides counseling to employees and supervisors of civilian employees.

**FOR MENTAL HEALTH
EMERGENCIES: CALL 911/988
OR PROCEED TO THE
NEAREST EMERGENCY ROOM**