



Pituffik Space Base Helping Services



24/7 Helpline: DSN 312-559-HELP (4357) | For Emergencies: 911 | For Immediate Help -Contact Hilltop 24/7 at DSN 834-3840 or 0 from the landline, or 2719 from your Tetra| 24/7 Suicide & Crisis Lifeline: 988

STRESSORS

	 Alcohol & Drug Prevention Program DSN 834-7804	 Chaplain Corps* Tetra 2211/2210 DSN 629-2211 DSN 629-2210	 Civilian Employee Assistance Program 24/7 866-580-9078	 Civilian Health Promotions Services DSN 834-4092	 Equal Opportunity DSN 834-7693	 Family Advocacy Main: DSN 834-8943 DAVA: 719-291-6625	 Health Promotions DSN 834-4292	 Inspector General DSN 834-4597 DSN 834-6966	 Mental Health DSN 834-7804	 Military & Family Life Counselor* Tetra 6352 DSN 629-2209	 Military & Family Readiness Center DSN 834-6141	 Military One Source 24/7 800-342-9647	 Primary Care Behavioral Health 719-524-2273	 Sexual Assault Prevention & Response Tetra 7272 DSN 834-7272
Alcohol/Drugs	■		■						■					
Anxiousness			■						■	■	■	■	■	
Conflicts (Interpersonal)			■		■	■		■	■	■	■	■	■	
Discrimination		100% CONFIDENTIALITY	■		■									
Finances			■							■	■	■		
Fitness/Tobacco			■	■				■				■	■	
Grief			■						■	■	■	■	■	
Homicidal Thoughts			■				■		■					
Hostile Work Environment			■		■			■			■			
Marriage/Family			■				■		■	■	■	■		
Relationships			■		■		■		■	■	■	■	■	
Sadness			■						■	■		■	■	
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

*Chaplain and MFLC are on-site providers at Pituffik SB. The remaining services may be available; please contact organizations for consultation.

Available to service members

Available to military family members

Available to civilian employees