



PITUFFIK SPACE BASE HELPING SERVICES

24/7 Helpline DSN 312-559-HELP (4357) • Emergencies or Immediate Help - Hilltop DSN 834-3840 (24/7), 0 (Landline) or 2719 (Tetra)
24/7 Suicide & Crisis Lifeline DSN 988 or 844-702-5495 • Chaplain & MFLC Available Onsite at Pituffik SB, Remaining Services May Be Available, Contact Organizations for Consultation

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 DSN 834-8943 DAVA 719-291-6825	Health Promotions DSN 834-4292	Inspector General 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 OneSource 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 <i>Interpersonal</i>		100% CONFIDENTIALITY	■		■	■		■	■	■	■	■	■	
Discrimination			■		■									
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, each agency will disclose any limits of confidentiality prior to initiating services.

Available to Service Members Available to Military Family Members Available to Civilian Employees

