

PETERSON, SCHRIEVER & CHEYENNE MTN HELPING SERVICES



We can HELP! 24/7 Helpline: 719-552-HELP (4357)
For Emergencies, Dial 911. For Immediate Help, Contact Command Post 24/7 at Commercial 719-556-4555.
National Suicide Prevention Lifeline, 24/7, English and Spanish: Dial 988.

Phone Number Legend:
Peterson & Cheyenne Mtn
Schriever
All bases

STRESSORS

	Alcohol & Drug Abuse Prevention Program (ADAPT) 719-556-7804	Military & Family Readiness Center (M&FRC) 719-556-6141 719-567-3920	Primary Care Behavioral Health (Formerly BHOP) 719-524-2273	Chaplain Corps 719-556-4442 719-567-4456	Equal Opportunity (EO) 719-556-7693 719-567-5310	Family Advocacy Main: 719-556-8943 DAVA: 719-291-6625	Civilian Employee Assistance Program (EAP) 866-580-9078	Civilian Health Promotion Services (CHPS) 719-556-4092	Health Promotions 719-556-4292 719-567-1835	Inspector General (IG) 719-556-4597 719-556-6966	Mental Health 719-556-7804 719-567-4619	Military & Family Life Counselor 719-433-2671 719-433-5432 719-377-8265 719-225-6003	Military One Source 24/7 Operations 800-342-9647	Sexual Assault Prevention & Response (SAPR) 719-556-7272 719-567-7634
Alcohol / Drugs	●						●				●			
Anxiousness		●	●				●				●	●	●	
Conflicts (Interpersonal)		●	●		●	●	●			●	●	●	●	
Discrimination					●		●							
Finances		●					●					●	●	
Grief		●	●				●				●	●	●	
Fitness/Tobacco			●				●	●	●				●	
Homicidal Thoughts						●	●				●			
Hostile Work Environment		●			●		●			●				
Marriage/Family		●				●	●				●	●	●	
Relationships		●	●		●	●	●				●	●	●	
Sadness			●				●				●	●	●	
Sexual Assault						●					●			●
Sexual Harassment					●	●					●			●
Sleep/Nutrition			●				●	●	●		●	●	●	
Stress		●	●			●	●	●	●	●	●	●	●	
Suicidal Thoughts	●					●	●				●			

100% Confidentiality

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, CHPS, EAP, and Mental Health.

Civilian employees are eligible for M&FRC, Chaplain, CHPS, EO, EAP, IG, and SAPR.



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

Assesses active duty members for substance related disorders, based on self or command referral. Provides prevention briefings for First Term Airmen Course and to duty sections upon request. Provides counseling to active duty members for substance related concerns.

Military & Family Readiness Center (M&FRC): Provides information and referral services, as well as assistance addressing the following topics: financial education, transition and relocation, Air Force Aid Society, Exceptional Family Member Program (EFMP) family support, school liaison questions, voting program, spouse employment, deployment support, and the key spouse program.

Primary Care Behavioral Health (Formerly BHOP): Offers early identification of behavioral health needs. Counsels individuals experiencing problems such as sleep, stress, grief, anxiety, and depression. Services are provided by a Mental Health Provider within the Primary Care setting.

Chapel Counseling Services: All discussions with a Chaplain or a Religious Affairs Airman 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.

Civilian Health Promotion Services (CHPS): CHPS is a mobile worksite wellness program providing free resources to help the civilian workforce maintain and improve their health and well-being. All services provided by CHPS are available at any worksite location and are free to federal civilian employees and active duty members.

Employee Assistance Program (EAP):** 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.

Equal Opportunity (EO): The mission of EO is to improve mission effectiveness by promoting an environment free from unlawful discrimination and sexual harassment in the workplace. Equal opportunity should be offered to all people, military or civilian, regardless of race, color, religion, sex, national origin, or sexual orientation, and age or disability (civilian).

Family Advocacy Program (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.

Inspector General (IG): The IG welcomes complaints from all sources, and will either address your complaint or refer your case to the appropriate channels for your complaint. We are always available to discuss your concerns or answer questions.

Health Promotions: Goal is to enhance optimal health and readiness through clinically integrated, evidence-based human performance services. Optimize the human weapon system going beyond health care to health through improved human performance, readiness, and deployability.

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

Military One Source: Non-medical counseling is available through Military OneSource. They offer many different types of counseling, 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 24/7 confidential trauma-informed care, advocacy, and ongoing nonclinical support.

* Active Duty Military members only

** Civilian members only

