



HELPING SERVICES

24/7 Helpline: 719-552-4357 | For Emergencies: 911 | For Immediate Help - Command Post : 719-556-4555 | 24/7 Suicide & Crisis Lifeline: 988

STRESSORS

| | Alcohol & Drug Prevention Program 719-556-7804 | Chaplain Corps 719-556-4442 719-567-4456 | Civilian Employee Assistance Program 24/7 866-580-9078 | Civilian Health Promotions Services 719-556-4092 | Equal Opportunity 719-556-7693 719-567-5310 | Family Advocacy 719-556-8943 Domestic Abuse Victim Advocate 719-291-6625 | Health Promotions 719-556-4292 719-567-1835 | Inspector General 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 & Family Readiness Center 719-556-6141 719-567-3920 | Military One Source 24/7 800-342-9647 | Primary Care Behavioral Health 719-524-2273 | Sexual Assault Prevention & Response 719-556-7272 719-567-7634 |
|---------------------------|---|--|---|---|---|---|---|---|---|--|--|--|--|--|
| 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 | ■ | | ■ | | | ■ | | ■ | | | | | | |

