



SPACE BASE DELTA 1 HELPING SERVICES

Peterson Space Force Base • Cheyenne Mountain Space Force Station

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

STRESSORS ⌵	Alcohol & Drug Prevention Program	Chaplain Corps	Civilian Employee Assistance Program 24/7	Civilian Health Promotions Services	Equal Opportunity	Family Advocacy	Health Promotions	Inspector General	Mental Health	Military & Family Life Counselor	Military & Family Readiness Center	Military OneSource 24/7	Primary Care Behavioral Health	Sexual Assault Prevention & Response
	719-556-7804	719-556-4442	866-580-9078	719-556-4092	719-556-7693	719-556-8943 DAVA	719-556-4292	719-556-4597 719-556-8966	719-556-7804	719-433-2671 719-433-5432	719-556-6141	800-342-9647	719-524-2273	719-556-7272
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

Please scan the QR codeto access a digital version of the SBD 1 Helping Services matrix and Eligibility Matrix.

