Know When and Where to Ask for Help



Please consider your Supervisor and/or First Sergeant as your first resource

Phone #	696-5380	696-5999	514-8717	696-4224	696-5380	696-4140	696-5380	696-4677 696-8787	696-4677	696-7272 696-5380
CHIEF COMPLAINT	ADAPT	AFRC Finance	AFRC MFLC	CHAPLAIN 100% Confidential	Family Advocacy	HAWC	Mental Health	BHOP/ BHOP Rn	Medical Provider	SARC/ DAVA
Work/School										
Finances										
Health Promotion										
Relationships										
Marriage/Family										
Grief/Death										
Abuse/Neglect										
Situational Depression										
Sexual Assault										
Medication										
Anxiety/Panic										
Chronic Depression										
Alcohol/Drugs										
Suicidal Thoughts										
Homicidal Thoughts										
Anger Issues										
Parenting										

PRESCRIPTION FOR BEHAVIORAL HEALTH

PBehavior Change Mental Health Clinic

1st & 3rd Tuesdays 0900-1000

Social Skills Mental Health Clinic Wednesdays 1500-1600

Sleep Enhancement

Mental Health Clinic 1ST & 3RD Thursdays 1400-1530

Relaxation Skills

Mental Health Clinic Tuesdays 1430-1530

Test Anxiety Mental Health Clinic 2nd & 4th Tuesdays 0900-1000



Mindful Eating Mental Health Clinic 3rd Wednesdays 1430-1530

🖗 Anger Management Mental Health Clinic Wednesday's 1200-1330

How to Avoid Marrying a Jerk/Jerkette AFRC

Thursdays 1200-1300



Parenting 123

AFRC Tuesday 1200-1330

Cooperative Parenting Through Divorce

Mental Health Clinic 2nd Friday 0830-1230

Couples Communication AFRC

Mondays 1200-1330

Mental Health Clinic: 696-5380 **Comments:**