

WHAT IS OUR SPECTRUM OF RESILIENCE?

Our Spectrum is comprised of elements that create the Resilience foundation that helps us face and overcome life challenges

Our mental/physical fitness and spirituality, our family, friends, peers and coworkers, the training we complete and the helping agencies on our installation.

Emergencies – 911

24/7 National Suicide Prevention & Crisis Line
CONUS – 988
OCONUS – (800) 273-8255

DoD SAFE HELPLINE
DoD Sexual Assault Support
877-995-5247

24/7 National Sexual Assault Hotline
(907) 384-7272

24/7 National Domestic Violence Hotline
(800) 799-7233

Employee Assistance Prog
866-580-9078

CONFIDENTIALITY: Each agency discloses confidentiality limits prior to initiating service

DYESS AIR FORCE BASE



CONNECT TO CARE SERVICE GUIDE

DAF
RESILIENCE



CONTACT

**NEED
HELP
WITH**

Alcohol & Drug Abuse Prevention Program (ADAPT) 325-696-5380	Chaplain Corps 325-696-4224 325-696-1921	Civilian Employee Assistance Program (EAP) 866-580-9078	Equal Opportunity 325-696-4123	Family Advocacy Program (FAP) 325-696-8344	Health Promotion 325-696-1636	Military & Family Readiness Center (M&FRC) 325-696-5999	Mental Health Clinic 325-696-5380	Military & Family Life Counselor (MFLC) 325-320-5580	Military One Source 800-342-9647	Domestic Abuse Victim Advocate (DAVA) 325-307-1556	Sexual Assault Prevention & Response Office 325-696-7272	Ops Support Teams True North Providers (Select Units) 325-696-6161
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CONFIDENTIALITY CONTINGENT UPON STATUS/SITUATION - AGENCIES DISCUSS CONFIDENTIALITY PRIOR TO PROVISION OF SERVICES

AGENCY CONFIDENTIALITY	Limited Confidentiality	100% Confidentiality	Limited Confidentiality	Limited Confidentiality	Restricted or Unrestricted	Limited Confidentiality	Mandatory Reporter	Limited Confidentiality	Mandatory Reporter	N/A	Mandatory Reporter	Restricted or Unrestricted	Restricted or Unrestricted
ELIGIBILITY	CONTACT HELPING AGENCIES TO DISCUSS ELIGIBILITY AND ADDITIONAL SERVICES OFFERED												
Alcohol/Drugs	●	●	●					●	●		●		●
Anger Management		●			●		●	●	●	●	●		●
Anxiousness		●	●					●	●	●	●		●
Interpersonal Conflict		●	●	●	●		●	●	●	●	●		●
Discrimination		●		●	●								●
Finances		●	●				●			●			●
Fitness/Tobacco		●	●			●				●			●
Grief/Sadness		●	●				●	●	●	●	●		●
Loneliness/Isolation		●	●					●	●	●	●		●
Marriage/Parenting		●	●				●	●	●	●	●		●
PTSD		●	●					●	●	●	●		●
Relationships		●	●	●	●		●	●	●	●	●		●
Sexual Assault		●						●				●	●
Sexual Harrassment		●		●	●			●				●	●
Sleep/Nutrition		●	●			●		●	●	●	●		●
Stress/Worry		●	●			●	●	●	●	●	●		●
Suicidal Thoughts	●	●	●					●	●	●	●		●
Hostile Work Environment		●	●	●			●						●

Broaden your *Spectrum of Resilience*---complete training or seek assistance before a situation occurs.