

## **Mental Health Care Available to Airmen and Families of Airmen**

**Military One Source**--Education, relocation, parenting, stress - you name it - Military OneSource is there to help the servicemember with just about any need. Available by phone or online, their free service is provided by the Department of Defense for active-duty, Guard, and Reserve service members and their families. The service is completely private and confidential, with few exceptions. They offer three kinds of short-term, non-medical counseling to active-duty, Guard, and Reserve service members and their families: Face-to-face counseling, Online consultation, Phone consultation.  
1-800-342-9647 [www.militaryonesource.com](http://www.militaryonesource.com)

**Tucson Vet Center**-- Provides readjustment counseling and outreach to all veterans who served in any combat zone. Services are also available for their family members for military related issues. Services are provided at no cost to the veteran or family. Counseling is for PTSD and Sexual Trauma. No medication provided. 520-882-0333

**Southern Arizona VA Health Care System**-- Every VA Medical Center has an OEF/OIF Care Management Team ready to welcome OEF/OIF veterans and help them access care and benefits. Case Managers, who are either nurses or social workers, coordinate patient care activities and help veterans navigate their way through the VA system. A Transition Patient Advocate (TPA) acts as a personal advocate as members move throughout the VA healthcare system. 520-792-1450 <http://www.tucson.va.gov>

**Arizona National Guard Director of Psychological Health**-- Available Monday through Friday from 0800-1600. Based in Phoenix at JFHQ. Provides Mental Health screenings and referrals and evaluation of mental health diagnoses. 602-267-2040.

**The Defense Center of Excellence (DCoE) Help Line**-- Available 24/7/365 and staffed by consultants who can serve as an authoritative source of information on psychological health (PH) and traumatic brain injury (TBI) issues.  
1-866-966-1020. <http://www.dcoe.health.mil/default.aspx>

**Veterans Suicide Prevention Lifeline**-- The Department of Veterans Affairs' (VA) has founded a national suicide prevention hotline to ensure veterans in emotional crisis have free, 24/7 access to trained counselors. 1-800-273-TALK (8255) Press 1 for Veterans  
[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

**Military & Family Life Consultant (MFLC) Program**--Through the MFLC Program, licensed clinical providers assist Service Members and their families with issues they may face through the cycle of deployment - from leaving their loved ones and possibly living and working in harm's way to reintegrating with their community and family. The MFLC program provides support for a range of issues including: relationships, crisis intervention, stress management, grief, occupational and other individual and family issues. 1-888-755-9355 <https://www.mhngs.com/app/home.content>

**Military Mental Health**-- An anonymous self-assessment with questions designed so that you can review your situation with regard to some of the more common mental health issues. The screening will not provide a diagnosis – for that they will need to see a professional. But, it will tell them whether or not they have symptoms that are consistent with a condition or concern that would benefit from further evaluation or treatment. It will also give you guidance as to where they might seek assistance.

[www.militarymentalhealth.org](http://www.militarymentalhealth.org)

**AfterDeployment.org**--Information and self-guided solutions for dealing with post-traumatic stress and war memories; conflict at work; depression; anger; sleep problems; alcohol and drug abuse; stress; relationship problems; kids and deployment; spiritual guidance and fitness; living with physical injuries; and health and wellness.

[www.afterdeployment.org](http://www.afterdeployment.org)

**American Red Cross**--The American Red Cross offers confidential services to all military personnel- active duty, National Guard and Reserves-and their families. Counseling, guidance, information, referrals and other social services are available through our worldwide network of chapters and offices on military installations.

As more and more National Guard and Reserve units are called to full-time duty status, counseling has become increasingly important to prepare the civilian-based military members and their families for the period of activation. Because members of the National Guard and Reserve typically live in civilian neighborhoods, they and their families frequently have difficulty accessing much-needed, military-related social services.  
520-318-6740

**National Resource Directory**--The National Resource Directory (NRD) is an online tool for wounded, ill and injured Service Members, Veterans, their families, and those who support them. The NRD provides access to more than 11,000 services and resources at the national, state and local levels that support recovery, rehabilitation and community reintegration. Maintained by the Departments of Defense, Labor and Veterans Affairs, the NRD links to federal and state government agencies; Veterans service and benefit organizations; non-profit and community-based organizations; academic institutions and professional associations who provide assistance to wounded warriors and their families.

<http://www.nationalresourcedirectory.org>