

# Helping Agencies' Matrix

<p><i>If you (or a friend) need any help for the following:</i></p>								
<p>afterhours support</p>	<p><b>Command Post on call "24/7" 580-213-7384</b></p>	<p>Employee Assistance Program (EAP)* 1-866-580-9078 www.AFPC.af.mil/EAP</p>	<p>Military One Source 1-800-342-9647 militaryonesource.mil</p>	<p>Military Crisis Line Call or text: 988</p>	<p>Chaplain 580-213-7211 or 580-213-7384 (after hours) 100% confidential</p>	<p><b>Nurse Advice Line 1-800-TRICARE option #1</b></p>		
<p>feeling overwhelmed or thinking about hurting yourself</p>	<p>Chaplain 580-213-7211 or 580-213-7384 (after hours) 100% confidential</p>	<p>Employee Assistance Program (EAP)* 1-866-580-9078 www.AFPC.af.mil/EAP</p>	<p>Military One Source 1-800-342-9647 militaryonesource.mil</p>	<p>Military Crisis Line Call or text: 988</p>	<p>Mental Health Clinic 580-213-7419 (HIPAA/confidential)</p>	<p>Security Forces (SF) 580-213-7415 [emergencies call 911] <u>Unrestricted Reporting</u></p>		
<p>sexually assaulted  [NOTE: to keep reporting RESTRICTED, reach out to SARC, Chaplain, Medical, or SVC first!]</p>	<p>Sexual Assault Response Coordinator (SARC) Offices: 580-213-5598/5597 Sexual Assault Response Line: 580-541-7095/7272 <u>RESTRICTED &amp; Unrestricted Reporting</u></p>	<p>Chaplain 580-213-7211 or 580-213-7384 (after hours) 100% confidential</p>	<p>Employee Assistance Program (EAP)* 1-866-580-9078 www.AFPC.af.mil/EAP (HIPAA/confidential)</p>	<p>Family Advocacy Program (FAP) 580-213-7419 <u>RESTRICTED Reporting</u></p>	<p>Mental Health Clinic 580-213-7419 (HIPAA/confidential)</p>	<p>Special Victims' Counsel (SVC) advice/advocacy/legal/representation 405-739-5790 DSN:339-5790 <u>RESTRICTED &amp; Unrestricted Reporting</u> (once represented, can pose questions to SVC regarding potential collateral misconduct)</p>	<p>Security Forces (SF) 580-213-7415 [emergencies call 911] <u>Unrestricted Reporting</u>  <u>Office of Special Investigations (OSI)</u> 580-213-6068 <u>(mandatory reporter)</u></p>	<p>DoD Safe Help Line 1-877-995-5247 or text: *55-247 (can be anonymous) <u>RESTRICTED &amp; Unrestricted Reporting</u></p>
<p>marriage/relationship/family issues &amp; concerns</p>	<p>Chaplain 580-213-7211 or 580-213-7384 (after hours) 100% confidential</p>	<p>Employee Assistance Program (EAP)* 1-866-580-9078 www.AFPC.af.mil/EAP</p>	<p>Military One Source 1-800-342-9647 militaryonesource.mil</p>	<p>Military Family Life Counselor (MFLC) 580-402-1008 (if no answer call A&amp;FRC: 580-213-6330 Ops Group: 580-478-3446)</p>	<p>Primary Care Behavioral Health (PCBH) Appointment Line 580-213-7416</p>	<p>Family Advocacy Program (FAP) 580-213-7419</p>	<p>Mental Health Clinic 580-213-7419 (HIPAA/confidential)</p>	<p>Exceptional Family Member Program (EFMP) 580-213-6330/7087</p>
<p>feeling depressed</p>	<p>Chaplain 580-213-7211 or 580-213-7384 (after hours) 100% confidential</p>	<p>Employee Assistance Program (EAP)* 1-866-580-9078 www.AFPC.af.mil/EAP</p>	<p>Military One Source 1-800-342-9647 militaryonesource.mil</p>	<p>Military Family Life Counselor (MFLC) 580-402-1008 (if no answer call A&amp;FRC: 580-213-6330 Ops Group: 580-478-3446)</p>	<p>Primary Care Behavioral Health (PCBH) Base Appointment Line 580-213-7416</p>	<p>Mental Health Clinic 580-213-7419 (HIPAA/confidential)</p>	<p>Exceptional Family Member Program (EFMP) 580-213-6330/7087</p>	
<p>connecting dependents with off &amp; on-base resources: (i.e. counseling, trainings, &amp; support groups)</p>	<p>Chaplain 580-213-7211 or 580-213-7384 (after hours) 100% confidential</p>	<p>Employee Assistance Program (EAP)* 1-866-580-9078 www.AFPC.af.mil/EAP</p>	<p>Military One Source 1-800-342-9647 militaryonesource.mil</p>	<p>Military Family Life Counselor (MFLC) 580-402-1008 (if no answer call A&amp;FRC: 580-213-6330 Ops Group: 580-478-3446)</p>	<p>Exceptional Family Member Program (EFMP) 580-213-6330/7087</p>	<p><b>Military &amp; Family Readiness Center (M&amp;FRC) 580-213-6330</b></p>	<p><b>School Liaison 580-213-6285</b></p>	
<p>dependent dealing w/ school issues</p>	<p>Military Family Life Counselor (MFLC) 580-402-1008 (if no answer call A&amp;FRC: 580-213-6330 Ops Group: 580-478-3446)</p>	<p>Employee Assistance Program (EAP)* 1-866-580-9078 www.AFPC.af.mil/EAP</p>	<p>Military One Source 1-800-342-9647 militaryonesource.mil</p>	<p>School Liaison 580-213-6285</p>				

assistance w/ family readiness (i.e. deployment separation/reunion or need financial management)	Chaplain 580-213-7211 or 580-213-7384 (after hours) 100% confidential	Employee Assistance Program (EAP)* 1-866-580-9078 www.AFPC.af.mil/EAP	Military One Source 1-800-342-9647 militaryonesource.mil	Military & Family Readiness Center (M&FRC) 580-213-6330	Exceptional Family Member Program (EFMP) 580-213-6330/7087			
GS/NAF civilian (i.e. crisis response, counseling, financial/legal services, health/wellness)	Chaplain 580-213-7211 or 580-213-7384 (after hours) 100% confidential	Employee Assistance Program (EAP)* 1-866-580-9078 www.AFPC.af.mil/EAP						
legal representation	Area Defense Counsel (ADC) 316-759-4375	Employee Assistance Program (EAP)* 1-866-580-9078 www.AFPC.af.mil/EAP	Military One Source 1-800-342-9647 militaryonesource.mil					
legal assistance (i.e. will, Power of Attorney, etc.)	Legal Office 580-213-7404	Employee Assistance Program (EAP)* 1-866-580-9078 www.AFPC.af.mil/EAP	Military One Source 1-800-342-9647 militaryonesource.mil					
experiencing discrimination, harassment, bullying	Equal Opportunity (EO) 580-213-7328 (mandatory reporter for SAPR)	Chaplain 580-213-7211 or 580-213-7384 (after hours) 100% confidential	Employee Assistance Program (EAP)* 1-866-580-9078 www.AFPC.af.mil/EAP	Military One Source 1-800-342-9647 militaryonesource.mil	Inspector General (IG) 580-213-6323	Civilian Employee Management Relations* 580-213-7260		
witnessed suspicious or unusual behavior <i>See Something Say Something</i>	Security Forces (SF) 580-213-7415 [emergencies call 911]	Office of Special Investigations (OSI) 580-213-6068 [emergencies call 911]						
alleged wrong-doing/roadblock/assistance (when other grievance channels have failed)	Inspector General (IG) 580-213-6323	Civilian Employee Management Relations* 580-213-7260	Equal Opportunity (EO) 580-213-7328 <u>(mandatory reporter for SAPR)</u>					

\* for Federal Civilian & Non Appropriated Fund employees only

### NOTES

- Service members and military dependents (18 years and older) have 2 options when it comes to reporting sexual assault:
  - Unrestricted Reporting - starts an official law enforcement investigation as well as involves the chain of command
  - RESTRICTED Reporting - confidential, does not trigger an investigation or command involvement; option to convert to unrestricted reporting at any time

— 24/7 "On-Call" agencies: Chaplain, Command Post, EAP, Military Crisis Line, Military One Source, Nurse Advice Line, SARC office

— Military One Source offers special child counselors to work w/ dependents < 18 y.o.

Tools for everyone:

Suicide Prevention, Intervention, Postvention toolkit

<S:\Public\Green Dot\Leadership Pre-Inter-Post-vention Toolkit>