

# How do YOU feel?

Low Distress

Moderate Distress

High Distress

★SHARE with a Friend  
or Supervisor

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MilitaryOneSource.mil  
1-800-342-9647

Options:  
In-person counseling , by phone,  
or Online Chat

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Chaplains  
301-981-2111

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Military and Family  
Life Counselor  
301-981-7087

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★Clinical Health Psychology  
Health & Lifestyle Changes  
240-857-7186

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AF Employee Assistance Program  
AF Civ (APF & NAF), Guard,  
Reserve, and Family Members  
1-866-580-9078  
[www.afpc.af.mil/EAP](http://www.afpc.af.mil/EAP)

**Common concerns  
at this level:**

Sadness/Feeling down  
Anger/Frustration  
Relationship difficulties  
Job stress/School stress  
Anxious about future  
Life transition stress

★Primary Care Behavioral Health  
(BHOP)

1-888-999-1212  
or ask your PCM

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★Family Advocacy Program  
240-857-9680

Domestic Assault Victim Advocate  
24/7 Hotline: 301-228-0475

Also ask about New Parent  
Support Program

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★Alcohol and Drug Abuse  
Prevention and Treatment  
240-857-7186

**Common concerns  
at this level:**

Lasting sadness despite efforts  
Major relationship changes  
Sleep difficulties  
Significant life transitions  
Anxiety affecting performance  
Notable negative events occur  
Deployment stress  
Family difficulties  
Loneliness

★Specialty Mental Health Clinic  
Group and Individual Therapy

240-857-7186

★Crisis Walk-in (0730-1630)

If after hours: Nearest ER  
or call 911

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Military Crisis Line (24/7)

DSN Phone Dial 118

1-800-273-8255 (press 1)

Text 838255

Chat Online at  
[www.veteranscrisisline.net](http://www.veteranscrisisline.net)

**Common concerns  
at this level:**

Thoughts about death/dying  
Thoughts about suicide  
Thoughts of killing others  
Severe anger  
Depressed mood  
Lack of energy/motivation  
Hopelessness/Helplessness  
Social isolation  
Severe nightmares  
Anxiety or panic most days  
Alcohol or substance problems

**Sexual Assault Victim Advocate**

Local: 301-981-7272 DoD Safe Helpline (24/7): 1-877-995-5247

★These venues, under specific conditions, have the potential to report limited information to Command to ensure safety is a priority.