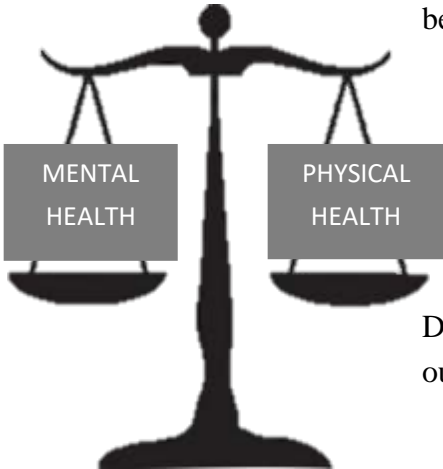


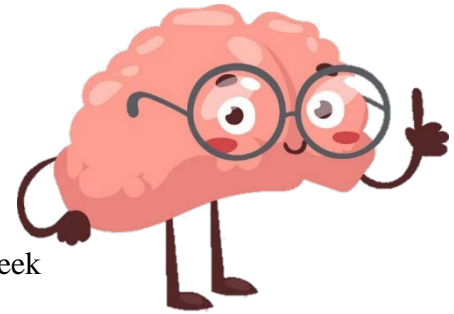
YOUR HEALTH MATTERS!

If you notice these signs of distress in yourself or from your fellow airmen, you can reach out to the resources below. They are here to help you –you are not alone!



- Hopelessness
- Depression
- Anxiety/Agitation/Anger
- Irritability
- Unusual/Sudden Change in Behavior
- Isolation/Withdrawal
- Eating or Sleeping Difficulty

Do not be afraid to reach out to these resources and seek out the help you need.



You are strong for doing so! You Matter!

DoD Helping Agencies	AD	Dep	Ret	Guard /Rsrv	DoD CIV
Local					
AF Civilian Employee Assistance Program -866-580-9078 www.afpc.af.mil/eap - Provides counseling, financial and legal services					✓
Employee Management Relations - 805-606-5847					✓
Hawk's COVE - 805-605-HAWK (4295) / 805-606-1985 https://www.facebook.com/Vandenberg-AFB-Hawks-COVE-144174392280609/ - COVE helping agencies are committed to the comprehensive health of our community by assisting with life demands through services, prevention & education	✓	✓	✓	✓	✓
Community Action Team Virtual Neighborhood – 805-605-HAWK (4295) https://www.facebook.com/Vandenberg-AFB-Hawks-COVE-144174392280609/ - Made up of our Vandenberg Helping agencies, available on a virtual neighborhood to all - 30 day social media campaign of different themes aimed at strengthening our resilience to help us through this difficult time.	✓	✓	✓	✓	✓
30th MDG - 805-606-CARE (2273) https://www.tricareonline.com/tol2/prelogin/desktopIndex.xhtml - Limited Confidentiality (Reportable items include UCMJ violations, mission impact, PRP, Safety issues)	✓	✓	✓	✓	
Behavioral Health Optimization Program - 805-606-CARE (2273) - Dedicated to improve lives with high quality, patient-centered primary care for those needing treatment for their mental health	✓	✓	✓	✓	

<p>Mental Health/ ADAPT - 805-606-8217</p> <ul style="list-style-type: none"> - 30th MDG helps to improve psychological well-being for all Active Duty members. They offer individual counseling for the following: <ul style="list-style-type: none"> o Adjustment Challenges o Relationship o Depression o Anxiety o Post-Traumatic Stress Disorder o Sleep Problems - Limited Confidentiality (reportable items include UCMJ violations, mission impact, PRP, safety issues) - Emergency walk-in/unscheduled appointments available, as well as new referrals - Beginning to have virtual appointments and developing classes/content to be offered virtually 	✓				
<p>Family Advocacy - 805-606-8217</p> <ul style="list-style-type: none"> - Civilians teleworking but will come into the clinic for new assessments. Developing content for virtual offerings. 	✓	✓			
<p>New Parent Support Program - 805-606-8217</p> <ul style="list-style-type: none"> - Completing virtual visits (home visits suspended). Developing content for virtual offerings - Children under the age of 3 	✓	✓	✓	✓	
<p>Medical Control Center - 805-606-9566</p>	✓	✓	✓	✓	✓
<p>Civilian Medical Coverage</p> <ul style="list-style-type: none"> - OPM has encouraged all Carriers to prepare relaxed referral or pre-authorization requirements. As each individual Carrier will develop their own guidelines, employees should monitor their Carrier websites for updates to their health plan or for information related to support for COVID related illnesses. 					✓
<p>Airman & Family Readiness Center - 805-606-0039</p>	✓	✓	✓	✓	✓
<p>Military and Family Life Counselors- <u>VAFB</u> - 805-710-5988 / 310-946-1142 VandenbergAdultMFLC@SRIMFLCTeam.com</p> <ul style="list-style-type: none"> - MFLCs are available to help service members, spouses, family members, children, and staff address: <ul style="list-style-type: none"> o Deployment/reintegration o Marriage/relationship o Parenting/sibling/family o Communication o Grief and Loss o Daily Life Issues - Consultations are free and anonymous. NO RECORDS ARE KEPT - Currently not physically at their locations, but working on establishing a telehelp process 	✓	✓		✓	

<p>Military and Family Life Counselors- <u>Crestview</u> - 805-276-5154</p> <ul style="list-style-type: none"> - MFLCs are available to help service members, spouses, family members, children, and staff address: <ul style="list-style-type: none"> o Deployment/reintegration o Marriage/relationship o Parenting/sibling/family o Communication o Grief and Loss o Daily Life Issues - Consultations are free and anonymous. NO RECORDS ARE KEPT - Currently not physically at their locations, but working on establishing a telehelp process 	✓	✓		✓	
<p>Military and Family Life Counselors- <u>Manzanita & Vandenberg Middle School</u> - 805-757-0160</p> <ul style="list-style-type: none"> - MFLCs are available to help service members, spouses, family members, children, and staff address: <ul style="list-style-type: none"> o Deployment/reintegration o Marriage/relationship o Parenting/sibling/family o Communication o Grief and Loss o Daily Life Issues - Consultations are free and anonymous. NO RECORDS ARE KEPT - Currently not physically at their locations, but working on establishing a telehelp process 	✓	✓		✓	
<p>Chaplain - Duty Hours: 805-606-5773 / After Hours: 805-606-9961 30SW.HCworkflow@us.af.mil / Vandenberg Chapel</p> <ul style="list-style-type: none"> - Chaplains provide help for both religious and non-religious services to active duty, dependents, and DOD civilians. They are most valued for confidential counseling in all areas such as: <ul style="list-style-type: none"> o Deployment/Reintegration o Marriage/Relationship o Parenting/Sibling/Family o Work issues o Premarital counseling & wedding o Communication Challenges o Depression o Grief and Loss o Daily Life issues 	✓	✓	✓	✓	✓
<p>School Liaison Officer - 805-865-6185</p>	✓	✓		✓	✓
<p>Equal Opportunity - 805-606-8780 / 805-588-7773</p> <ul style="list-style-type: none"> - Improve mission effectiveness by promoting an environment free from personal, social, or institutional barriers that prevent Air Force members from rising to the highest level of responsibility possible based on their individual merit, fitness, and capability. 	✓	✓	✓	✓	✓
<p>Inspector General - 805-605-8179</p> <ul style="list-style-type: none"> - The IG office provides two services to installation personnel: investigation of personal complaints and investigation of fraud, waste, and abuse complaints. 	✓	✓	✓	✓	✓
<p>SARC - 805-606-SARC (7272) / 805-588-7233</p> <ul style="list-style-type: none"> - 24/7 Response Helpline for victims and survivors of sexual assault and can take you to medical care as soon as possible at no cost - Can choose for a restricted/unrestricted report 	✓	✓	✓	✓	✓

Domestic Abuse Victim Advocate (DAVA) - 805-222-6755 / 805-606-8217 <ul style="list-style-type: none"> - Assists you in determining what you wish to do, where to get help, and how you choose to report the assault. DAVA will accompany you to medical visits, court proceedings, and other appointments requested - In-person visits on hold, but available for phone consultation support, and safety planning 	✓	✓	✓	✓	✓
Command Post - 805-606-9961 <ul style="list-style-type: none"> - 24/7 on base communication liaison between agencies and personnel for reaching major commands, commanders, first sergeants, AF Red cross, and base agencies for airmen 	✓	✓	✓	✓	✓
Spending Plan Worksheet https://vanderbergfss.com <ul style="list-style-type: none"> - Under family tab, Airmen & Family Readiness Center, Finance, Spending Plan 	✓	✓	✓	✓	✓
Health Promotions - 805-606-3469 <ul style="list-style-type: none"> - Healthy lifestyles, Bod-Pod body composition analysis, tobacco cessation, Weight management, Diabetes, cholesterol, blood pressure education, community outreach 	✓	✓	✓	✓	
Non- Local					
Military OneSource - 800-342-9647 www.militaryonesource.mil <ul style="list-style-type: none"> - Confidential counselors will provide resources and referrals on everyday issues to active-duty, National Guard, Reserve members and their immediate family 24/7 - Beginning March 24, 2020, Military OneSource will offer non-medical counseling video sessions for children and youth. 	✓	✓		✓	
Nurse Advice Line - 800-TRICARE (874-2273) <ul style="list-style-type: none"> - Select option 1 to talk to a registered nurse 24 hours a day, 7 days a week. Get health care advice, ask questions, or find out if you should get care. 	✓	✓	✓	✓	
AD Military/ Veterans Crisis Line - 1-800-273-8255 Press 1 to talk to someone Veteranscrisisline.net/get-help/chat <ul style="list-style-type: none"> - 24/7 confidential service from specially trained responders through a hotline, online chat, or text-messaging - Text message 838255 to connect to a VA responder. You can also start a confidential online chat session at Veteranscrisisline.net/get-help/chat 	✓	✓	✓	✓	
Sexual Assault Support for DoD Community - 877-995-5247 <ul style="list-style-type: none"> - Crisis support service specially designed to provide live, one-on-one support for sexual assault survivors, loved ones, and anyone within DoD community. - All services are confidential, anonymous, secure, and available 24/7 	✓	✓	✓	✓	✓
Psychological Health Advocates Program - 1-866-417-0707 / 1-800-273-TALK (8255) AFRC.PHAP@us.af.mil <ul style="list-style-type: none"> - PHAP personnel accept all requests for PHAP services, coordinate referral resources, evaluate customer satisfaction and report their activities to the AFRC PHAP program manager. Referral services shall include, but are not limited to: <ul style="list-style-type: none"> o Services for children, suicide prevention, substance abuse awareness, mental health awareness, financial management, anger management, domestic violence awareness & prevention and employment assistance. 				✓	
Blended Retirement System http://militarypay.defense.gov/BlendedRetirement/	✓			✓	
Thrift Savings Plan www.tsp.gov	✓		✓	✓	✓

Outside DoD Helping Agencies

Local

24 Hr Domestic Violence Hotline- Santa Maria - 805-925-2160

- Trained staff provide counseling, information, referrals, and access to immediate shelter

24 Hr Domestic Violence Hotline- Lompoc - 805-736-0965

- Trained staff provide counseling, information, referrals, and access to immediate shelter

Non-Local

SAMHSA - 800-662-HELP (4357)

- 24/7 free and confidential referrals and information about mental and/or substance use disorders, prevention, treatment and recovery

National Suicide Prevention Hotline - 800-273-TALK (8255)

<https://suicidepreventionlifeline.org/>

- Lifeline provides 24/7, free and confidential, emotional support for those in distress, prevention, and crisis resources for you or your loved ones
- Crisis Text Line (text HELLO to 741741)
- Deaf and hard of hearing can contact the Lifeline via TTY at 1-800-799-4889

National Domestic Violence Hotline - 1-800-799-SAFE (7233)

<https://www.thehotline.org/>

- If you are unable to speak safely, you can log onto thehotline.org or text LOVEIS to 22522

National Sexual Assault Hotline - 800-656-HOPE (4673)

- Trained staff members will provide you confidential support, information about laws in your area, find a local health facility for survivors and offer forensic exams, and referrals for long term support

American Foundation for Suicide

<http://www.afsp.org/>

National Institute of Mental Health - 1-866-615-6464 / TTY: 1-301-443-8431 / TTY (toll-free): 1-866-415-8051

<https://www.nimh.nih.gov/index.shtml>

<https://www.nimh.nih.gov/health/topics/suicide-prevention/index.shtml>

nimhinfo@nih.gov

Annual Credit Report

<https://www.annualcreditreport.com/index.action>

Power Pay- Pay down loans quickly

<https://www.powerpay.org>