

How do YOU feel?

No/Minimal Distress/Prevention

Low Distress

Moderate Distress

High Distress

Friends, peers, supervisors, mentors

★ True North (availability varies by unit) 505-846-4484/853-6992

Chapel Team : 505-853-5000

Gravity/Social Connections for E-1-E4
505 853-5000

Military & Family Life Counselors (MFLC) Adult: 505-415-4027/440-2481/730-0080; Child & Youth: 505-350-6762/280-9016 or 239-896-4076; 150 SOW ANG 505-920-3473 ; Sandia Elementary School 505-639-3524

★ Alcohol and Drug Abuse Prevention and Treatment (ADAPT) 505-846-3305

Violence (Suicide & Sexual Assault) Prevention 505-846-0288

Community Support Coordinator 505-846-6427

★ New Parent Support Program 505-846-0139 Health Promotion 505-846-1186/505-846-1483

SHARE with a Friend or Supervisor

★ True North 505-846-4484/853-6992
New Mexico Crisis & Access Line 1-855-662-7474 (Crisis) or 1-855-466-7100 (Peer Support)

Agora Crisis Center Line 505-277-3013

MilitaryOneSource.mil

1-800-342-9647

Options: In-person counseling, by phone, or online chat

Chapel Team: 505-853-5000, after hours 505-846-3777

MFLC Adult: 505-415-4027/440-2481/730-0080; Child & Youth: 505-350-6762/280-9016 or 239-896-4076; 150 SOW ANG 505-920-3473 ; Sandia Elementary School 505-639-3524

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

★ True North 505-846-4484/853-6992

★ Primary Care Behavioral Health (PCBH) 505-846-3305/Ask your PCM

★ Family Advocacy Program
505-846-0139

★ ADAPT: 505-846-3305

Chapel Team: 505-853-5000, after hours 505-846-3777

MFLC Adult: 505-415-4027/440-2481/730-0080; Child/Youth: 505-350-6762/280-9016 or 239-896-4076; 150 SOW ANG 505-920-3473 ; Sandia Elementary School 505-639-3524

★ Specialty Mental Health Clinic Group and Individual Therapy
505-846-3305

ADAPT: 505-846-3305

★ Crisis Walk-in (0730-1530)
If after hours: Nearest ER or call 911

Chapel Team: 505-853-5000, after hours 505-846-3777

Military Crisis Line (24/7)

DSN Phone Dial 118

1-800-273-8255 (Press 1)

Text 838255

Chat Online at

www.veteranscrisisline.net

Focus areas at this level:

Self-care
Sleep
Exercise
Nutrition
Social Support
Stress Management
Cognitive Restructuring
Substance use education

Common concerns at this level:

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

Common concerns at this level:

Persistent Sadness
Major relationship changes
Sleep difficulties
Significant life transitions
Anxiety affecting performance
Notable negative events occur
Deployment stress
Family difficulties
Alcohol/substance use (ADAPT)

Common concerns at this level:

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

Confidential 24/7 Services: SAPR hotline 505-846-7272/text 505-977-6683 dodsafeline.org, phone/text 877-955-5247 Domestic Abuse Victim Advocate 505-445-7100

★ These venues, under specific conditions, have the potential to report limited information to Command to ensure safety is a priority. Chaplains have 100% privileged communication and are not mandated reporters.