

How do YOU feel?

No/Minimal Distress

PREVENTION

Chaplains : 505-853-5000

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

Military & Family Life Counselors

Adult: 505-415-4027/440-2481/730-0080; Child & Youth: 505-350-6762/280-9016 or 239-896-4076; MFLC at 150 SOW ANG 505-288-1672

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

New Parent Support Program 505-846-0139

★Integrated Resilience Office (IRO) – 505-846-6427; Violence/suicide prevention

Friends, peers, supervisors, mentors, coaches

Focus areas at this level:

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

Low Distress

★SHARE with a Friend or Supervisor

★True North 505-853-8707

Availability/access varies by unit

MilitaryOneSource.mil

1-800-342-9647

Options: connect via phone/chat and in-person or live video counseling

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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

Common concerns

at this level:

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

Moderate Distress

★True North 505-853-8707

Availability/access varies by unit

★Primary Care Behavioral Health (BHOP/IBHC)

505-846-3200, 1, 3 –Family Health/Ask your PCM

★Family Advocacy Program

505-846-0139

Domestic Abuse Victim Advocate

24/7 Hotline: 505-445-7100

★ADAPT: 505-846-3305

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 issues

High Distress

★Specialty Mental Health Clinic/ADAPT

Group and Individual Therapy

505-846-3305

Crisis Walk-in (0730-1530)

National Crisis Line: 988

Military Crisis Line (24/7)

DSN Phone Dial 118

1-800-273-8255 (Press 1)

Text 838255

Chat: www.veteranscrisisline.net

New Mexico Crisis & Access Line

1-855-662-7474 (Crisis) or 1-855-466-7100 (Peer Support)

Agora Crisis Center Line 505-277-3013

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

Sexual Assault Victim Hotline: 505-846-7272

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.
Chaplains have 100% privileged communication and are not mandated reporters.