

LAUGHLIN HELPLINES

MILITARY & FAMILY READINESS CENTER

Office number (830) 298-5620
Mr. Richard Maldonado (Adults)..... (830) 507-7013
Ms. Casey Molleson (K-6th grade)..... (830) 208-9682
Ms. Lydia Ramos (7th-12th grade)..... (830) 328-8094
Employee assistance program..... (866) 580-9078
for AF civilian personnel

BEHAVIORAL HEALTH CLINIC

Office number (830) 298-6422
Open Mon-Thurs 0730-1430 & Friday 0830-1630
After hours (830) 298-5167

This will contact the base Command Post. Ask to be connected with a Behavioral Health professional.

CHAPLAIN/CHAPEL

Office number (830) 298-5111
Open Mon-Fri 0930-1630
24/7 Response line ... (830) 309-6056

SEXUAL ASSAULT PREVENTION AND RESPONSE (SAPR)

SAPR 24/7 Hotline (830) 298-SARC (7272)
Sexual Assault Response Coordinator (SARC)..... (830) 298-4545

U.S. DEPARTMENT OF VETERANS AFFAIRS

Veterans crisis line 24/7 Dial 988 or 1(800) 273-8255

MILITARY ONESOURCE RESOURCES

Military OneSource is a Department of Defense program offering free support and resources to military personnel and their families. Services include counseling, financial guidance, career support, and more.

Family Advocacy Program (FAP).....(830) 298-6422
Military Onesource 24/7..... (800) 342-9647



















WHERE TO GET SUPPORT

at Laughlin Air Force Base

 AVAILABLE TO SERVICE MEMBERS
  AVAILABLE TO MILITARY FAMILY MEMBERS
  AVAILABLE TO CIVILIAN EMPLOYEES

| HELPING AGENCIES >>> STRESSORS <<< |  ALCOHOL & DRUG PREVENTION PROGRAM (830) 298-6422 |  CHAPLAIN CORPS (830) 298-5111 24/7 RESPONSE LINE (830) 309-6056 |  CIVILIAN EMPLOYEE ASSISTANCE PROGRAM 24/7 (866) 580-9078 |  CIVILIAN HEALTH PROMOTION SERVICES (850) 883-8024 |  EQUAL OPPORTUNITY (830) 298-5400 |  FAMILY ADVOCACY (830) 298-6422 24/7 DOMESTIC ABUSE VICTIM ADVOCATE (210) 367-1213 |  HEALTH PROMOTIONS (830) 298-6315 |  INSPECTOR GENERAL (830) 298-4170 |  MENTAL HEALTH (830) 298-6422 |  MILITARY & FAMILY LIFE COUNSELOR (830) 507-7013 |  MILITARY & FAMILY READINESS CENTER (830) 298-5620 |  MILITARY ONE SOURCE 24/7 (800) 342-9647 |  PRIMARY CARE BEHAVIORAL HEALTH (830) 298-6422 |  SEXUAL ASSAULT PREVENTION & RESPONSE (830) 298-4545 24/7 RESPONSE LINE (830) 298-7272 |
|---------------------------------------|---|--|---|--|---|--|---|---|---|--|--|--|--|--|
| | 100% CONFIDENTIALITY | | | | | | | | | | | | | |
| ALCOHOL/DRUGS | ✓ | | ✓ | | | | | | ✓ | | | | | |
| ANXIOUSNESS | | | ✓ | | | | | | ✓ | ✓ | ✓ | ✓ | ✓ | |
| CONFLICTS (INTERPERSONAL) | | | ✓ | | ✓ | ✓ | | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | |
| DISCRIMINATION | | | ✓ | | ✓ | | | | | | | | | |
| FINANCES | | | ✓ | | | | | | | ✓ | ✓ | ✓ | | |
| FITNESS/TOBACCO | | | ✓ | ✓ | | | ✓ | | | | | ✓ | ✓ | |
| GRIEF | | | ✓ | | | | | | ✓ | ✓ | ✓ | ✓ | ✓ | |
| HOMICIDAL THOUGHTS | | | ✓ | | | ✓ | | | ✓ | | | | | |
| HOSTILE WORK ENVIRONMENT | | | ✓ | | ✓ | | | ✓ | | | ✓ | | | |
| MARRIAGE/FAMILY | | | ✓ | | | ✓ | | | ✓ | ✓ | ✓ | ✓ | | |
| RELATIONSHIPS | | | ✓ | | ✓ | ✓ | | | ✓ | ✓ | ✓ | ✓ | ✓ | |
| SADNESS | | | ✓ | | | | | | ✓ | ✓ | | ✓ | ✓ | |
| SEXUAL ASSAULT | | | | | | ✓ | | | ✓ | | | | | ✓ |
| SEXUAL HARASSMENT | | | | | ✓ | ✓ | | | ✓ | | | | | ✓ |
| SLEEP/NUTRITION | | | ✓ | ✓ | | | ✓ | | ✓ | ✓ | | ✓ | ✓ | |
| STRESS | | | ✓ | ✓ | | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | |
| SUICIDAL THOUGHTS | ✓ | | ✓ | | | ✓ | | | ✓ | | | | | |