

LAUGHLIN HELPLINES

MILITARY & FAMILY READINESS CENTER

| | |
|---------------------------------------|----------------|
| Office number | (830) 298-5620 |
| Adults | (830) 507-7013 |
| K-6th grade | (830) 208-9682 |
| 7th-12th grade | (830) 328-8094 |
| Employee assistance program for | (866) 580-9078 |
| 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

| <div><div> AVAILABLE TO SERVICE MEMBERS</div><div> AVAILABLE TO MILITARY FAMILY MEMBERS</div><div> AVAILABLE TO CIVILIAN EMPLOYEES</div></div> | | | | | | | | | | | | | | |
|--|---|--|---|--|---|---|---|---|---|--|--|--|--|--|
| 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 | ✔ | | ✔ | | | ✔ | | | ✔ | | | | | |