

How do YOU feel?

No/Minimal Distress

- ★ Friends, peers, supervisors, mentors, coaches
- ★ Military & Family Readiness Center
701-747-3241
Chaplain
701-747-5673/6711
- ★ Military & Family Life Counselor (MFLC)
701-405-5894
- ★ Health Promotions
701-747-5918
- ★ Operational Support Team (OST)
701-747-6411
- ★ MilitaryOneSource.mil
1-800-342-9647
Options: In-person counseling, phone or online
- ★ AF Employee Assistance Program
Civilians of AF (APF & NAF), Guard and Reserve, and those who share their residence
1-866-580-9078
www.afpc.af.mil/EAP

Focus areas:

Self-care
Sleep
Exercise
Nutrition
Social support
Stress management

Low Distress

- ★ Friends, peers, supervisors, mentors, coaches
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- ★ Operational Support Team (OST)
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- ★ MilitaryOneSource.mil
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Options: In-person counseling, phone or online
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Common concerns at this level:

Sadness/feeling down
Anger/frustration
Relationship difficulties
Job/school stress
Anxious about future
Life transition stress

Moderate Distress

- ★ Military & Family Life Counselor (MFLC)
701-405-5894
Chaplain
701-747-5673/6711
- ★ MilitaryOneSource.mil
1-800-342-9647
Options: In-person counseling, phone or online
- ★ Primary Care Behavioral Health (BHOP) 701-747-5601
- ★ Family Advocacy Program
701-747-6806
- ★ Mental Health Clinic/
Alcohol & Drug Abuse
Prevention & Treatment (ADAPT)
701-747-4460

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

- ★ Mental Health Clinic/
Alcohol & Drug Abuse
Prevention & Treatment (ADAPT)
701-747-4460
- ★ Mental Health Crisis Walk-In
0730-1630 M-F
If after hours: Nearest ER or call 911
Military Crisis Line (24/7)
Call or Text **988**
Chat Online at
www.veteranscrisisline.net

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/panic most days
Alcohol/substance use issues

- ★ These venues may have a duty to report information to Command to ensure safety.

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



For complete
GFAFB
Community
Resource Guide,
scan here:

