

HELP!

(Emergency: 911)

<u>McChord Command Post</u>	982-2635
<u>Chaplains</u>	982-6955
<u>446 Airman & Family Readiness</u>	982-2755
<u>62 Service Member and Family Readiness</u>	982-2695
<u>Director, Psychological Health</u>	982-5496
<u>Military Police Dispatch</u>	912-4442
<u>Law Enforcement Desk</u>	982-5626
<u>Sexual Assault Response Coordinator</u>	982-7272
<u>Sexual Assault Safe Helpline (DoD)</u>	877-995-5247
<u>National Suicide Prevention Lifeline</u>	800-273-8255 (Opt.1)
<u>United Healthcare West</u>	877-988-9378
<u>Madigan Army Medical Center</u>	968-1110
<u>EAP Program (for ARTS or activated Reservists)</u>	982-5815
<u>Military One Source</u>	800-342-9647
<u>MOS Crisis Talk Line</u>	800-273-8255
<u>Red Cross</u>	877-272-7337
<u>In-Transition Program</u>	800-424-7877

(Mental health support for service members: Returning from deployment,
transitioning to or from Active Duty status, relocating or separating.)

Financial Counseling or Classes: Sign up online at: <https://www.jblmfrp.checkappointments.com/>

Marriage Communication, Parenting Classes and Anger Management classes:

<http://jblmafcs.checkappointments.com/>