

FEELING OVERWHELMED BY COVID-19?

YOU ARE NOT ALONE

While most are justifiably focused on taking care of physical health at the moment, don't forget to take care of your mental and emotional health as well. If you're struggling and need someone to talk to, don't wait. Utilize your resources today and remember you are not alone. We are in this together!

MILITARY RESOURCES



Military OneSource: 1-800-342-9647 <https://www.militaryonesource.mil>
Offers a wide range of individualized consultations, coaching and non-medical counseling for many aspects of military life wherever you are, worldwide.



Military & Family Support Center (M&FSC):
(AKA Airman & Family Readiness, Fleet & Family or Army Community Services)
Support includes: financial, deployment, relocation, transition, employment, voting, EFMP, information & referral and more.
Joint Base Andrews M&FSC: 301-981-7087 Open 0730-1630 Mon-Wed & Fri & 0730-1200 Thu
Or find your nearest center: <https://installations.militaryonesource.mil>



Military and Family Life Counselors (MFLC):
Support for service members, families and survivors with non-medical face-to-face counseling on and off installation.
Joint Base Andrews: 301-232-8481/8465



Exceptional Family Member Program (EFMP):
The Family Support branch of EFMP provides coordination of support services on and off installation through family needs assessments, providing resources that enhance quality of life for family members with exceptional needs. Located inside M&FSCs (above).



Emergency Financial Assistance Relief Societies:
Air Force: <https://afas.org>
Army: <https://www.armyemergencyrelief.org>
Navy & Marine: <https://www.nmcrcs.org>
Federal Civilian: <https://feea.org>



Military/Veteran Crisis Line: Confidential 24/7 call 1-800-273-8255 text 838255 or chat.
<https://www.veteranscrisisline.net/get-help/military-crisis-line>



Employee Assistance Program:
For DoD civilian employees. Call 1-800-222-0364 (1-888-262-7848 TTY), or visit EAP www.FOH4You.com or Worklife4you www.worklife4you.com (use code USAF)



National Resource Directory: Still not finding what you're looking for? Try <https://nrd.gov>

CIVILIAN RESOURCES

CDC "Manage Anxiety & Stress"
<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

SAMHSA Disaster Distress Helpline (800) 985-5990 or text "TalkWithUs" (or "Hablamos") to 66746
Provides 24/7 crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters. <https://www.samhsa.gov/find-help/disaster-distress-helpline/contact-us>
Coping tips for traumatic events/disasters: www.samhsa.gov/find-help/disaster-distress-helpline/coping-tips

NAMI Free Support 24/7 Text NAMI to 741741
Resource Library <https://www.nami.org/Find-Support/NAMI-HelpLine/NAMI-Resource-Library>
COVID-19 Resources: <https://www.nami.org/About-NAMI/NAMI-News/2020/NAMI-Updates-on-the-Coronavirus>

Online support groups
<https://www.verywellmind.com/best-online-anxiety-support-groups-4692353>

BROUGHT TO YOU BY JOINT BASE ANDREWS MILITARY & FAMILY SUPPORT CENTER
*Updated 20 Mar 2020. Operating status of organizations subject to change. Call ahead for up to date information.
This list is for informational purposes only & does not constitute DoD endorsement of any organization.*