# We Are Here For You!

# Contact Us

Family | Work | Finances | Military

PHAP 24 HR MESSAGE LINE 1-866-417-0707

We all experience life stressors from time to time ...

PHAP will assist members and families who are dealing with issues that may require services or intervention.

PHAP will locate appropriate resources to assist in resolving issues.

PHAP team members will follow each Reservist through the resolution of the member's case.

Referrals can be made by anyone, such as the Reservist, Unit Commanders, family members or fellow Airmen.

PHAP maintains a 24/7 on-call message line to respond to inquiries and referrals. *This is not an intervention hotline.* 

PHAP offers outreach or "morale" calls to requesting Reservists and families during all the stages of deployment: pre-deployment, during and post deployment.



## **South Region**

Phone: (678) 655-2464 DSN: 625-2464

## **North Region**

Phone: (937) 656-1709 DSN: 986-1709

#### **West Region**

Phone: (707) 424-2704 DSN: 837-2704

## www.afrc.af.mil/AboutUs/PHAP



# Air Force Reserve

Psychological Health Advocacy Program (PHAP)



# You and Your Family Are Not Alone





# ~PHAP~ The Bridge to Appropriate Care

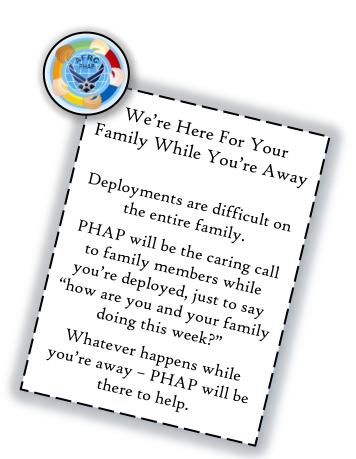
#### Referrals for:

- \* Family Counseling
- \* Children & Teen Concerns
- ★ Marriage Retreats
- \* Alcohol & Substance Abuse Awareness
- Suicide Prevention
- **☀** Mental Health Problems
- ★ Post-Traumatic Stress Disorder
- ★ Anger Management
- Domestic Violence Awareness & Prevention

PHAP services are *free*, *confidential*and available to each AFRC

reservist and their family.

If in crisis, call: Veterans Crisis Line 1-800-273-8255 Press 1







# Our goal...

is to maximize the support for you and your family at a most sensitive time in your life, while showing you the respect and dignity you deserve.

We offer support and referrals for solution-focused resources in order to improve outcomes and positively influence your total health and well-being.

## For questions or concerns contact:

HQ AFRC PHAP Program Chief AFRC.PHAP@us.af.mil Phone: (478) 327-0342 DSN: 497-0342

Personally Helping Airmen Positively