

# Local Resources – USAG Ansbach

**Emergency Services**

Phone: 09802-82-112 (DSN: 112)

**MP Station**

Phone: 09802-83-3855 / 3856

**On-Call Chaplain**

Phone: 0162-296-4338

**Behavioral Health Clinic**

Phone: 06371-9464-3600 (0730-1630)

## **Military Life Family Counselor (MFLC)**

### **Student Services**

Phone: 01522 8857-3888

Phone: 01525 662-5980

### **Adult Services**

Phone: 0151 5339-0375 (12<sup>th</sup> CAB)

Phone: 0175 486-6208 (5-4 ADAR)

Phone: 016-062-56487 (ACS)

Phone: 016-062-59834 (Illesheim)



# DoD Resources

## **Military OneSource**

Phone: 001800-342-9647

Online Chat: <https://militaryonesource.mil>



**PSYCHOLOGICAL HEALTH RESOURCE CENTER**  
Contact 24/7 for free military psychological health resources

**SERVING**

- Service members
- Veterans
- Clinicians
- Family members and friends

1-866-966-1020

resources@phcoe.org

realwarriors.net/livechat

MHS Military Health System health.mil  
REAL WARRIORS • REAL BATTLES • REAL STRENGTH

## **Defense Suicide Prevention Office**

<https://www.dspo.mil>

## **PHCoE Psychological Health Resource Center**

Phone: 001866-966-1020

<https://www.pdhealth.mil/resources/call-enters/psychological-health-resource-center>

## **Defense Health Agency (DHA) Mobile Apps**

<https://health.mil/About-MHS/OASDHA/Defense-Health-Agency/Operations/Clinical-Support-Division/Connected-Health/mHealth-Clinical-Integration>



## **DoD Safe Helpline**

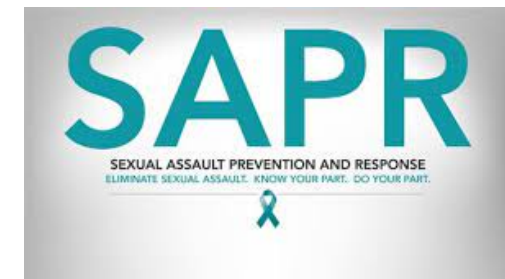
Phone: 001877-995-5247

<https://www.safehelpline.org/live-chat>



## **Sexual Assault Prevention and Response Office**

<https://www.sapr.mil>



# Non-DoD Resources



## **Military/Veterans Crisis Line**

Phone: 00800-1273-8255 DSN: 118

Online chat: <https://www.veteranscrisisline.net/get-help/military-crisis-line>

## **Give an Hour**

<https://giveanhour.org>

## **Alcoholics Anonymous**

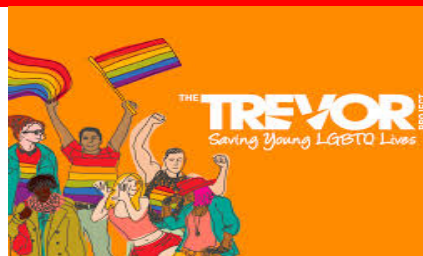
<https://www.aa.org>

## **Substance Abuse and Mental Health Services Administration**

Phone: 001877-726-4727

<https://www.samhsa.gov>

# Emergency Crisis Hotline and Phone Apps



## 112: Germany's "911"

**National Suicide Prevention Hotline 24/7**

Phone: 001800-273-TALK (8255)

**Veterans Crisis Line 24/7**

Phone: 001800-273-TALK (8255) Press 1

**DoD Safe Helpline**

Phone: 0611-143-537-SAFE (7233)

**KRISENDIENST 24/7**

- Bavaria region crisis services. *FREE*

Phone: 0911/42 48 55-0 (or 0800 655 3000)

**LGBTQ Youth Crisis Hotline 24/7** 

**The Trevor Project**

<https://www.thetrevorproject.org>

**National Suicide Prevention Hotline 24/7**

Phone: 001800-273-TALK (8255)

**WeCare, Europe app** 

Download this *FREE* app on your Android or Apple device from the Google Play & Apple Store.

This app has been branded as an Official Army app. This app is to support the Suicide/Sexual Assault Prevention Campaign and serves as an educational and resource tool.