



U.S. ARMY

# Non-Emergency Resources



DIRECTORATE OF PREVENTION,  
RESILIENCE AND READINESS

## Local Resources

- Army Community Service (ACS): \_\_\_\_\_
- Military Family Life Counselor (MFLC): \_\_\_\_\_
- Ready & Resilient Performance Centers (R2PCs)
- Army Wellness Center (AWC)
- Behavioral Health or Primary Care
- Chaplain Services/Local Pastor
- Unit Chaplain \_\_\_\_\_
- Holistic Health & Fitness (H2F) Personnel
- American Legion/VFW
- Department of Social Services (by state)
- Faith-based services or local church

## General Resources

### DoD or VA

- Military OneSource: 800-342-9647; [militaryonesource.mil/](https://militaryonesource.mil/); chat via website
- Psychological Health Resource Center: 866-966-1020; [pdhealth.mil/resources](https://pdhealth.mil/resources); chat via website
- Real Warriors campaign: [realwarriors.net](https://realwarriors.net); chat via website
- My VA 311: 844-MyVA311 (844-698-2311)
- Vet Center Call Center: 877-WAR-VETS
- Community Resources Guide: [crg.amedd.army.mil](https://crg.amedd.army.mil)

### Other

- Dial 211 or <https://www.211.org>
- Department of Social Services (by state)



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## Local Resources

- Your Soldier's chain of command  
\_\_\_\_\_
- Emergency Room  
\_\_\_\_\_
- Local Emergency Resources
  - (Dial 9-1-1)
- Military Police  
\_\_\_\_\_
- Civilian Police  
\_\_\_\_\_
- Unit ACE-SI  
\_\_\_\_\_

## OCONUS Emergency Services (911)

- Germany: Dial 112
- Italy: Dial 112, 118
- South Korea: Dial 119

## Crisis Hotlines

- Military/Veterans Crisis Line:
  - **North America: Dial 988, Press 1**
    - Text: 838255
  - Europe: 00800 1-273-8255 or DSN 118
  - Korea: 0808-555-118 or DSN 118
- Veterans Crisis Line Online Chat:  
[www.veteranscrisisline.net/chat](http://www.veteranscrisisline.net/chat)
- Lifeline Crisis Chat: <https://988lifeline.org/chat/>
- National Suicide Prevention Lifeline:  
1-800-273-TALK (8255). Press 1
- Suicide Hotlines (by State):  
<http://www.suicide.org/suicide-hotlines.html>

## Suicide Prevention Battle Drills

You can help prevent suicide or suicide attempts by actively intervening when a Soldier, battle buddy or loved one expresses suicidal ideation. Be alert and engaged before they are overwhelmed by life stressors and risk factors. Suicidal ideation, or suicidal thoughts, means thinking about planning suicide. Thoughts can range from a quick consideration to a detailed plan. These tools can help you engage and prevent deaths by suicide.

[Family Suicide Ideation Drill card](#)

[Soldier Suicide Ideation Drill card](#)

[Leaders Suicide Ideation Drill card](#)