



Behavioral Health Resources



FAMILY Resources

Resource Numbers

Soldier and Family Assistance Center: 270-412-6000
 Family Resource Center: 270-956-2935
 Legal Assistance: 270-798-4432
 Army Emergency Relief: 270-798-5518
 Retirement/Transition: 270-798-5280/5250
 Wounded Warrior and Family Hotline: 800-984-8523
 RCR: rebootrecovery.com
 Soldier Support Center: 270-412-1121

Military One Source: 800-342-9647

- Landing page (updated continually):
<https://www.militaryonesource.mil/coronavirus>
- Navigating Relationship Safety during the COVID-19 Pandemic
- Staying Safe while Staying Healthy (Tips for Military Families)

Soldiers and Families Embraced: 931-591-3241

Soldier Center: 931-553-6981

Rape Crisis Counseling: 270-412-5500

Alcoholics Anonymous: www.aa.org

Narcotics Anonymous: www.na.org

PROVIDERS Resources

Behavioral Health Clinics and Providers want to ensure we all stay connected and healthy during this time of uncertainty.

Behavioral Health Crisis Care will be available for ALL BACH Health Care Providers.

- Walk-in/call-in services Fridays 0730-1200
- Offered at Bldg. 2436 at 270-412-3112
 or Bldg. 2437 at 270-798-8967

Fact sheets on the following topics:

- ~ Supporting patients during quarantine or isolation
- ~ Helping patients concerned about coronavirus:
 A guide for Psychiatrists
- ~ How clinicians and other healthcare personnel can help concerned patients
- ~ Supporting military families
- ~ How healthcare personnel can take care of themselves

From Uniformed Services University Center for Traumatic Stress: www.cstsonline.org/resources/resource-master-list/coronavirus-and-emerging-infectious-disease-outbreaks-response

For Self-Care AND FREE CEUs (all professions)!

Mindfulness and Healing- 1 CEU

<https://catalog.pesi.com/>

Go to On Line Learning at the top of the page & select Free On line Seminars.

SOLDIER Resources

YOUR EBH CLINIC HAS MOVED, but we are still accepting walk-ins for BH crisis and continue virtual care for routine services.

21st St. & Indiana
 BLDG. 2437 (Sustainment bldg.) 270-798-8967
 Now hosts: 1BCT, 5th Group, Sustainment, MULTI-D

BLDG. 2436 (Aviation bldg.) 270-412-3112
 Now hosts: 2BCT, 3BCT, Aviation

SUDCC at both locations

Military Crisis Line: 800-273-8255
National Domestic Violence Hotline:
800-799-7233

Resource Numbers

Chaplain CARE Line (24/7 Crisis Line).....(270)798.CARE (2273)
 Chaplain Services and Ministries.....(270)798.6124
 Army Wellness Center.....(270)461.3451/412.4643
 Children and Family Behavioral Health.....(270)798-8437
 ACS Family Advocacy Education
 Prevention, Victim Services.....(270)412.5500
 Emergency Domestic Abuse Advocacy
 (After Hours).....(931)980.5787
 Family Advocacy Program (FAP).....(270)798.8601
 SHARP Hotline (24/7).....(270)498.4319
 DOD SAFE Helpline.....(877)995.5247
 Tennova Hospital.....(931)502.1000
 Clarksville Crisis Line.....(931)648.1000/552.INFO.4636
 Military OneSource (24/7).....1.800.342.9647
 Wounded Soldier and Family Hotline.....1.800.984.8523
 Veterans Crisis Line.....1.800.273.8255
 Press 1 or chat: 838255
 Crisis Text Line.....741741
nationalresourcedirectory.gov
 211.org or call 211

Army Community Service
 - Information.....(270)798.9322
 - Lending Closet.....(270)798.0513
 - Financial Readiness.....(270)798.5518
 - New Parent Support.....(270)415.5500
 - Victim Advocate Hotline.....(931)980.5787



RECOGNIZE Stress

Stress can diminish people's ability to process complex information. Maintain Psychological resilience! Using mental resilience skills can help people manage stress and stay strong.

- Encourage a balanced diet of news to avoid feeling overwhelmed
- Keep a detailed to-do list to keep things manageable
- Use positive self-talk or buddy talk to get through stressful moments
- Use "Grounding" (name 3 things you can see, hear, and physically feel) to reduce anxiety spikes and orient yourself to the moment



Self-Check: What mental resilience skills are you practicing?

Self-Check: Are you making simple mistakes? Do you need to take a break and focus on self-care or a minute to re-charge?

REMEMBER!

There's no one-size-fits-all solution for becoming happier, healthier, more productive, or more creative; when we know ourselves and what works for us, we can change our habits and our lives.

Through the podcast "Happier with Gretchen Rubin," video courses, and the app 'Better,' Mrs. Rubin shares her insights, strategies, stories, and tips that help people understand themselves and create a happier life.

<https://gretchenrubin.com/podcasts/>

SELF-CARE Resources

mHEALTH TOOLS

MOBILE APPS

- | | | |
|---|---|--|
| <input type="checkbox"/> BREATHE2RELAX
Manage stress by learning and practicing deep-breathing exercises | <input type="checkbox"/> CBT-i COACH
Use with cognitive behavioral therapy for insomnia (CBT-i) to improve your sleep | <input type="checkbox"/> ACT COACH
Add acceptance and commitment therapy (ACT) tips to daily life |
| <input type="checkbox"/> CPT COACH
Use with cognitive processing therapy (CPT) to reduce PTSD symptoms | <input type="checkbox"/> DREAM EZ
Based on imagery rehearsal therapy (IRT) can help diffuse nightmares | <input type="checkbox"/> CONCUSSION COACH
Identify concussion symptoms and cope with related problems |
| <input type="checkbox"/> LIFEARMOR
Take self-assessments and learn more about topics like PTSD, anger, depression and more | <input type="checkbox"/> MINDFULNESS COACH
Learn to practice mindfulness meditation to live in the present | <input type="checkbox"/> FEEL ELECTRIC!
Help your grade-school children identify and express their feelings |
| <input type="checkbox"/> MILD TBI POCKET GUIDE
Access this handy reference when assessing and treating symptoms of mild TBI | <input type="checkbox"/> PARENTING2GO
Strengthen your relationships with your children | <input type="checkbox"/> MOVING FORWARD
Learn problem-solving techniques that help you make better decisions |
| <input type="checkbox"/> PFA MOBILE
Get support as a responder when your job is to provide psychological first aid (PFA) | <input type="checkbox"/> POSITIVE ACTIVITY JACKPOT
Find local activities to improve your mood and avoid negative thinking | <input type="checkbox"/> PE COACH
Use with prolonged exposure (PE) therapy to improve results |
| <input type="checkbox"/> PTSD COACH
Get support in managing PTSD symptoms | <input type="checkbox"/> STAY QUIT COACH
Get help either while in smoking cessation treatment or to prevent relapse | <input type="checkbox"/> PROVIDER RESILIENCE
Use when dealing with burnout and compassion fatigue |
| <input type="checkbox"/> TACTICAL BREATHER
Learn to use breathing to control your response during times of stress | <input type="checkbox"/> THE BIG MOVING ADVENTURE
Help prepare military children emotionally for the stress of moving | <input type="checkbox"/> VIRTUAL HOPE BOX
Helps reduce symptoms of depression with a digital version of hope box therapy |

WEBSITES

- | | | |
|--|---|--|
| <input type="checkbox"/> afterdeployment
afterdeployment.dcoe.mil
Resources for psychological health and personal growth | <input type="checkbox"/> PARENTING
veterantraining.va.gov/parenting
Resources to strengthen your parenting skills | <input type="checkbox"/> SESAME STREET for Military Families
sesamestreetformilitaryfamilies.org
Resources for families with young children |
| <input type="checkbox"/> MOVING FORWARD
veterantraining.va.gov/movingforward
Resources to improve your decision-making | <input type="checkbox"/> TOGETHER
militarykidsconnect.dcoe.mil
Resources for military children and their parents | Developed by the National Center for Telehealth & Technology, a Defense Centers of Excellence for Psychological Health & Traumatic Brain Injury Center. Released: Aug 2016 |

Online Resources



Skype AA Meetings
<https://www.aaonlinemeeting.net>



AA Meeting Guide App
Current meeting list, daily reflections
https://www.aa.org/pages/en_US/meeting-guide



Zoom NA Meetings
<https://zoom.us/j/2012572764>
Saturday-Tuesday, Thursday at 1900
<https://zoom.us/j/8573067574>
Wednesday at 1900
<https://zoom.us/j/402283768>
Friday at 1900



Offering free daily online all-recovery meetings
unityrecovery.zoom.us/my/allrecovery



subreddits for recovery:
[r/alcoholism](https://reddit.com/r/alcoholism)
[r/alcoholicsanonymous](https://reddit.com/r/alcoholicsanonymous)
[r/redditorsinrecovery](https://reddit.com/r/redditorsinrecovery)



Online community – account required
<https://thedailypledge.org/>

Coronavirus and Addiction Treatment:
<https://www.hazeldenbettyford.org/about-us/news-media/tips-for-staying-connected>



Offering online or dial-in meetings
<https://www.lifering.org>



Women for Sobriety
Online forum
<https://womenforsobriety.org/>



Sober Recovery
Online Forum
<https://www.soberrecovery.com/forums/>



Sober Grid App
Meetings, peer coaching, recovery tool kit
<https://www.sobergrid.com>



Online Zoom meetings
Discussion forums
<https://www.aa-intergroup.org/directory.php>

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