



# 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](http://www.aa.org)

Narcotics Anonymous: [www.na.org](http://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](http://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 recharge?

## 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"/> <b>BREATHE2RELAX</b><br>Manage stress by learning and practicing deep-breathing exercises                    | <input type="checkbox"/> <b>CBT-i</b><br>Use with cognitive behavioral therapy for insomnia (CBT-i) to improve your sleep           | <input type="checkbox"/> <b>ACT COACH</b><br>Add acceptance and commitment therapy (ACT) tips to daily life                        |
| <input type="checkbox"/> <b>CPT COACH</b><br>Use with cognitive processing therapy (CPT) to reduce PTSD symptoms                      | <input type="checkbox"/> <b>DREAM EZ</b><br>Based on imagery rehearsal therapy (IRT) can help diffuse nightmares                    | <input type="checkbox"/> <b>FEEL ELECTRIC!</b><br>Help your grade-school children identify and express their feelings              |
| <input type="checkbox"/> <b>LIFEARMOR</b><br>Take self-assessments and learn more about topics like PTSD, anger, depression and more  | <input type="checkbox"/> <b>MINDFULNESS COACH</b><br>Learn to practice mindfulness meditation to live in the present                | <input type="checkbox"/> <b>MOVING FORWARD</b><br>Learn problem-solving techniques that help you make better decisions             |
| <input type="checkbox"/> <b>MILD TBI POCKET GUIDE</b><br>Access this handy reference when assessing and treating symptoms of mild TBI | <input type="checkbox"/> <b>PARENTING2GO</b><br>Strengthen your relationships with your children                                    | <input type="checkbox"/> <b>PE COACH</b><br>Use with prolonged exposure (PE) therapy to improve results                            |
| <input type="checkbox"/> <b>PFA MOBILE</b><br>Get support as a responder when your job is to provide psychological first aid (PFA)    | <input type="checkbox"/> <b>POSITIVE ACTIVITY JACKPOT</b><br>Find local activities to improve your mood and avoid negative thinking | <input type="checkbox"/> <b>PROVIDER RESILIENCE</b><br>Use when dealing with burnout and compassion fatigue                        |
| <input type="checkbox"/> <b>PTSD COACH</b><br>Get support in managing PTSD symptoms   | <input type="checkbox"/> <b>STAY QUIT COACH</b><br>Get help either while in smoking cessation treatment or to prevent relapse       | <input type="checkbox"/> <b>T2 MOOD TRACKER</b><br>Monitor your emotional health by tracking your moods over time                  |
| <input type="checkbox"/> <b>TACTICAL BREATHER</b><br>Learn to use breathing to control your response during times of stress           | <input type="checkbox"/> <b>THE BIG MOVING ADVENTURE</b><br>Help prepare military children emotionally for the stress of moving     | <input type="checkbox"/> <b>VIRTUAL HOPE BOX</b><br>Helps reduce symptoms of depression with a digital version of hope box therapy |

### WEBSITES

- |  |  |  |
|--|--|--|
| <input type="checkbox"/> <b>afterdeployment</b><br><a href="https://afterdeployment.dcoe.mil">afterdeployment.dcoe.mil</a><br>Resources for psychological health and personal growth           | <input type="checkbox"/> <b>PARENTING</b><br><a href="https://veterantraining.va.gov/parenting">veterantraining.va.gov/parenting</a><br>Resources to strengthen your parenting skills      | <input type="checkbox"/> <b>SESAME STREET for Military Families</b><br><a href="https://sesamestreetformilitaryfamilies.org">sesamestreetformilitaryfamilies.org</a><br>Resources for families with young children |
| <input type="checkbox"/> <b>MOVING FORWARD</b><br><a href="https://veterantraining.va.gov/movingforward">veterantraining.va.gov/movingforward</a><br>Resources to improve your decision-making | <input type="checkbox"/> <b>TOGETHER WE THRIVE</b><br><a href="https://militarykidsconnect.dcoe.mil">militarykidsconnect.dcoe.mil</a><br>Resources for military children and their parents |  |

## Online Resources

- |   |  |
|---|--|
| <b>Skype AA Meetings</b><br><a href="https://www.aaonlinemeeting.net">https://www.aaonlinemeeting.net</a>   | <b>Hazelden Betty Ford Foundation</b><br>Online community – account required<br><a href="https://thedailypledge.org/">https://thedailypledge.org/</a><br>Coronavirus and Addiction Treatment:<br><a href="https://www.hazeldenbettyford.org/about-us/news-media/tips-for-staying-connected">https://www.hazeldenbettyford.org/about-us/news-media/tips-for-staying-connected</a> |
| <b>AA Meeting Guide App</b><br>Current meeting list, daily reflections<br><a href="https://www.aa.org/pages/en_US/meeting-guide">https://www.aa.org/pages/en_US/meeting-guide</a>                               | <b>LifeRing Secular Recovery</b><br>Offering online or dial-in meetings<br><a href="https://www.lifering.org">https://www.lifering.org</a>   |
| <b>Zoom NA Meetings</b><br><a href="https://zoom.us/j/2012572764">https://zoom.us/j/2012572764</a><br>Saturday-Tuesday, Thursday at 1900  | <b>Women for Sobriety Online forum</b><br><a href="https://womenforsobriety.org/">https://womenforsobriety.org/</a>  |
| <b>Zoom AA Meetings</b><br><a href="https://zoom.us/j/8573067574">https://zoom.us/j/8573067574</a><br>Wednesday at 1900   | <b>Sober Recovery Online Forum</b><br><a href="https://www.soberrecovery.com/forums/">https://www.soberrecovery.com/forums/</a>  |
| <b>Zoom AA Meetings</b><br><a href="https://zoom.us/j/402283768">https://zoom.us/j/402283768</a><br>Friday at 1900  | <b>Sober Grid App</b><br>Meetings, peer coaching, recovery tool kit<br><a href="https://www.sobergrid.com">https://www.sobergrid.com</a>   |
| <b>UNITY RECOVERY</b><br>RECOVERY COMMUNITY ORGANIZATION<br>Offering free daily online all-recovery meetings<br><a href="https://unityrecovery.zoom.us/my/allrecovery">unityrecovery.zoom.us/my/allrecovery</a> | <b>Online Intergroup</b><br>Online Zoom meetings<br>Discussion forums<br><a href="https://www.aa-intergroup.org/directory.php">https://www.aa-intergroup.org/directory.php</a>   |
| <b>subreddits for recovery:</b><br>r/alcoholism<br>r/alcoholicsanonymous<br>r/redditorsinrecovery   |  |

Apps, links to websites and materials within this document are not an endorsement by the federal government. The federal government is not responsible for an fees associated with services contained within this document or any privacy concerns that may possibly arise for using services not associated with a federal government site.