



EAP: On-Post Community Resources

Employee Assistance Program Coordinator: **DSN:755-1086 COMM: 0503-355-1086**

Emergency on Post DSN: 911 Emergency Off-Post Army: 0503-355-7911 Korea: 119	Emergency lines to call when on/off post including fire, health and police
Crisis Hotline DSN: 118 Toll Free from Korea: 080-855-5118 KATUSA: 1303 Toll Free: 1-800-273-8255	Lines are TOLL Free and available 24/7! They can provide crisis de-escalation and also connect you with trained counselors and other local resources.
Army Substance Abuse Program (ASAP) DSN: 755-1089 COMM: 0503-355-1089	Provides Substance Abuse testing, prevention, education, risk reduction, suicide prevention and employee assistance programs.
Alcoholics Anonymous (AA) Meetings COMM: 02-319-5861/ 010-4491-7022 Email: aainkorea@gmail.com (aainkorea.org) Camp Humphreys: M/W/F -18:00-19:00 @Building 696 (Freedom Chapel annex), Room 120 Available via Zoom: T/TH- M/W/F -18:00-19:00	AA offers a peer support group based on the 12-step program. Osan AFB also offers AA meetings on T/TH at 17:00-18:00 @ Building 769, Resiliency Center POC: David B. 010.8354.1576 /dabrittain23@gmail.com
Substance Use Disorder Clinical Care (SUDCC) BH DSN: 737-5668 COMM: 0503-337-5668	SUDCC is now embedded in the BH clinics.
BDAACH Behavioral Health DSN: 737-5668 COMM: 0503-337-5668 Warrior BH (WBH) <i>2nd Infantry Division (2ID) and Rotational Units</i> BLDG 7315 (7th and Indian Head) DSN: 737-5177 COMM: 0503-337-5177 Jenkins BH (JBH) <i>2nd Combat Aviation BDE (2CAB), 1st Signal BDE</i> BLDG 555 (Sentry Village) DSN: 737-5791 COMM: 0503-337-5791 Brian D. Allgood Army Community Hospital (BDAACH) <i>All other operational units & Eligible Dependents</i> BLDG 3031, 5th Floor	Behavioral health services with access to counseling, evaluations by psychologist and psychiatrists.

Military One Source Confidential Help: 1-800-342-9647 Chat: https://www.militaryonesource.mil/	Offers a wide range of services and resources to include education and career assistance, also has counselors available to support on issues like relationships, financial hardships, special needs, family life, etc. Also has a live chat option online.
Military Family Life Consultants Contact ACS for MFLC info: DSN: 757-2363 COMM: 0503-357-2363	MFLC provide counseling services to military, civilian and family members young and old on all life issues.
Armed Forces Wellness Center DSN: 737-5758 COMM: 0503-337-5758	Provides wellness/fitness assessments and classes and services to improve and sustain health, performance and readiness.
Army Community Services (ACS) DSN: 757-2363 COMM: 0503-357-2363	Provides a range of quality-of-life programs to include FAP, EFMP, Employment Readiness, Financial Readiness and emergency services, etc.
Family Advocacy Program (FAP) DSN: 757-2363/2365/2366 COMM: 0503-357-2366	FAP provides prevention and education services in the investigation and intervention and treatment of spouse and child abuse.
Exceptional Family Member Program (EFMP)-MWR/ACS DSN: 757-2363/2372 COMM: 0503-357-2363/2372	EFMP is a mandatory enrollment program that provides coordinated support to families with special needs including disabilities, disorders and impairments in children and adults in the family.
Religious Support Office DSN: 756-1251 COMM: 0503-356-1251 On Call-Duty Chaplain: 010-9496-7445	Provides quality religious support and counseling. There is always an on call-duty chaplain 24/7.
The Red Cross Hero Center: 1-877-272-7337 (24/7) DSN: 757-2348 COMM: 0503-357-2348	For emergency communication, contact the hero center. For classes, volunteer opportunities and other services, contact them at Camp Humphreys
Spouse and Child Abuse Report Line DSN: 757-5799 COMM: 0503-337-5799	To report spouse and/or child abuse that you have witnessed or experienced yourself, or believe to be happening, please call.
Sexual Assault Hotline DSN: 158 COMM: 0503-364-5700 Safe Helpline: 1-877-995-5247 Sexual Harassment Assault Response Prevention SHARP DSN: 755-1071 SHARP COMM: 010-8685-8087	To report sexual assault or abuse that you witnessed or experienced yourself or believe is happening. SHARP provides sexual harassment and assault response and prevention services.

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Adaptable Human Solutions Phone: 02-749-7915 Email: welcome@ahskorea.com https://ahskorea.com/	Psychological counseling/Psychotherapy services in English and Korean. Telehealth therapy also available. Art Therapy available. Insurances accepted (direct billing): AETNA, Afspa, Blue Cross Blue Shield, BUPA, GeoBlue, Global, Henner, Scholars, Tieceare, UHCG
Asana Counseling Center Phone: 031-663-9110 Email: admin@asanakorea.com https://www.asanakorea.com/	Psychological Counseling services in English and Korean. ABA Therapy available. Online service available. On-site visits available for ABA therapy. Insurances accepted (direct billing): AETNA, Afspa, AXA. GBG, CISI, FMP, BUPA, UHCG, Tricare select (reimbursement only)
Hope & Wellness Services Phone: 031-647-4436/031-647-4437 Email: contact@hopeandwellness.co.kr www.hopeandwellness.co.kr	Psychological Counseling Services in English and Korean. Virtual Therapy available. Insurances accepted (direct billing): Tricare, AFSPA (Aetna), and Cigna: in network with GeoBlue
ICare Counseling Center Phone: 031-656-2273 Email: Info@icarecounseling.co www.icarecounseling.co	Psychological Counseling Services and Psychological Evaluation available in English and Korean. Occupational Therapy available. Insurance accepted: Afspa, BlueCrossBlueShield, Bupa, Cigna, GeoBlue, Tricare
Integrated Counseling Service Phone: 031-662-7571 Email: intake@integratedcounseling.net https://integratedcounseling.net	Psychological Counseling Services and Psychological Evaluations available. Online Therapy Available. Insurance accepted: Aetna, BCBS, Bupa, Cigna, FSBP (AFSPA), GeoBlue, GBG Tieceare, United Healthcare, etc.
Korea Psychological Group Phone: 010-6809-2234 Email: hello@koreapsych.com www.koreapsych.com	Psychological Counseling Services Available in English, Korean, and Spanish. Executive Functioning Coaching available. Insurance accepted (direct billing): AFSPA, Blue Cross Blue Shield (BCBS), Bupa, Cigna, Tieceare, Tricare Prime, United Healthcare Global (UHCG)
Mind Care Institute of Korea Phone: 070-8888-8277 Mobile: 010-8263-8277 Email: assist@mindcarecenter.co.kr or mindcarecenter@gmail.com www.mindcarecenter.co.kr	Psychological counseling/Psychotherapy services in English and Korean. Occupational Therapy and Art Therapy available. Insurance accepted: Bupa, Cigna, GBG, GeoBlue, Tricare

Seoul Counseling Center Pyeongtaek:031-692-5556 Seoul: 02-542-5553 Email: support@seoulcounseling.com info@seoulcounseling.com https://seoulcounseling.com	Psychological counseling/Psychotherapy services in English and Korean. Telehealth therapy also available. Insurances accepted (direct billing): Tricare, Aetna, Foreign Service Benefit Plan, United Healthcare and others
You and Me Psychological and Consultation Services (YPCS) Pyeongtaek: 031-651-3885 Seoul: 02-6929-3014 Email: admin@ypcskorea.com www.ypcskorea.com	Psychological counseling/Psychotherapy services/Psychological Assessment in English and Korean. Telehealth therapy also available. Creative Art Therapy available (Music Therapy and Art therapy). MBSR available. Insurances accepted: Tricare(prime and select), Cigna, Aetna (FSBP), GBG, Tieceare, United Healthcare, HTH, Geoblue
Seoul National University Bundang Hospital Phone: 031-787-2034 Email: ihsi@snuhb.org Website: www.snuhb.org	Inpatient and outpatient mental health services available Insurance accepted: Tricare (Prime/Select), CIGNA International, United Healthcare International, FSBP (Foreign Service Benefit Plan), Metlife
Seoul National University Hospital-International Healthcare Center Phone: 02-2072-0505 Email: international@snuh.org www.snuh.org/global/en/main.do	Inpatient and outpatient mental health services available Insurance accepted: Tricare (Prime/Select), CIGNA International, United Healthcare International, FSBP (Foreign Service Benefit Plan), Metlife
Good Morning Hospital Phone: 031-5182-7690/7691/7692/7693 Email: goodmhos@hotmail.com Website: www.goodmhospital.co.kr	Inpatient and outpatient mental health services available
Severance Hospital Phone: 02-2228-5800/5801 Email: ihcc@yuhs.ac Website: https://sev.severance.healthcare/sev-en	Inpatient and outpatient mental health services available Insurance accepted: GBG Tieceare, AFSPA, AETNA, GeoBlue, CIGNA, UHC Global
Hallyim University Dongtan Sacred Heart Hospital Phone: 031-380-4026 Email: leejh0105@hallym.or.kr Website: https://hallym.hallym.or.kr/eng/	Inpatient and outpatient mental health services available
Ajou University Medical Center Phone: 031-219-4311/4312/4313 Email: ajouhospital@gmail.com Website: https://hosp.ajoumc.or.kr/en/	Inpatient and outpatient mental health services available
Dankook University Hospital Phone: 041-550-7640/7641/7642/7643 Website: www.dkuh.co.kr	Inpatient and outpatient mental health services available

St. Vincent's Hospital Phone: 031-249-8016 Website: https://www.cmcvincent.or.kr/en.common.main.main.sp	Inpatient and outpatient mental health services available
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Additional Resources:

- Civilian Personnel Advisory Center (315) 757-2007
- Employment Readiness Program (ERP) (315) 757-2369
- Civilian Misconduct Actions Officer (315) 757-0508
- Department of Defense IG (800) 424-9098
- Equal Employment Opportunity (315) 755-9155
- Federal Occupational Health (800) 222-0364: www.FOH4YOU.com
- Client Legal Services (JAG) (315) 757-2621/2622: usarmy.humphreys.8-army.mbx.osja-cls@army.mil
- Workforce Development (315) 757-2087
- Labor Management and Employees Relations: (LMER) (315) 757-2202
- <https://www.rethinkingdrinking.niaaa.nih.gov/>
- <https://www.samhsa.gov/families>
- <https://mobile.va.gov/app/covid-coach>
- Psychological Health Resource Center (24/7) 1-866-966-1020