



Community Wellness Resources

Courtesy of Fort Knox ASAP Office – 6 SEP 2024



FOR ALL COMMUNITY MEMBERS:

- **National Suicide Prevention Lifeline**, available 24hrs/7days/365days, **dial 988** or (800) 273-8255 (TALK), Press 1 for Veterans or text to 838255 or to chat click <https://suicidepreventionlifeline.org/chat/>. Websites: <https://suicidepreventionlifeline.org/> or www.VeteransCrisisLine.net. Espanol (888-628-9454), for deaf or hard of hearing (Video Relay/Voice-Caption Phone: 800-273-8255; TTY: 800-799-4889).
- **Fort Knox Chaplain Family Life Center**, M-F, 0900-1600: (502) 624-5225 or walk-in to the Religious Support Office at 226 South 8th Armored Division Drive, Bldg. 4768 (across Pritchard Place Chapel). Fort Knox Chaplains provide faith-based counseling. After hours, call emergency services (502) 624-6847 and ask to be connected to the on-call duty Chaplain.
- For Veterans, Retirees, and their Families: **Military & Family Life Counselors** (MFLCs) can provide services up to 180 days past their separation date. Hours: M-F, 0800-1600: (270) 855-1082 or Army Community Service (ACS) (502) 624-8391 / 6291.
- **Department of Veterans Affairs**: https://www.mentalhealth.va.gov/information_for.asp
- Private / Corporate EAP. Contractors or Fort Knox friends and partners who are not federal employees: Contact your human resources benefits coordinator for the company's employee assistance program (EAP). If you need help locating your private / corporate EAP, please call the **Fort Knox EAP** at (502) 624-8361.
- To locate a **behavioral health treatment service provider** in your area visit: <https://findtreatment.samhsa.gov/>.
- **In emergencies, dial 911** or report to your local emergency room.
- To support time-based prevention and child safety, free gun locks can be picked up at **Fort Knox ASAP**.

ACTIVE DUTY SOLDIERS AND THEIR FAMILIES:

- **Department of Behavioral Health**, M-F, 0730-1630: (502) 626-9891 / 9892 / 9884 / 9885. For emergency care that occur after hours, federal holidays, and weekends, call 911 or go to the nearest emergency room (ER).
- Active Duty Family Members may see any off-post Tricare provider. **No referral or prior authorization is needed for Active Duty Family Member's outpatient mental health** except psychoanalysis and substance use disorder care. More information, including Telemynd (virtual behavioral health), can be found at <https://www.tricare.mil/CoveredServices/Mental/GettingMHCare>.
- **Military & Family Life Counselors** (MFLCs), M-F, 0800-1600: Unit MFLCs: 1TSC, (502) 377-9681; 19th ENG, (270) 206-0856; HRC, (502) 382-0623; V Corps, (270) 853-3982. All others, call (270) 855-1082 or **Army Community Service** (502) 624-8391 / 6291. MFLCs also available at all Child, Youth & School Service facilities, and on and off post schools that surround Fort Knox. Nonmedical counseling available via telehealth and in person.
- Active Duty Family Members: **Fort Knox Employee Assistance Program** (EAP), M-F: 0730-1600 or call (502) 624-8361.
- **Military OneSource**, 24/7/365: (800) 342-9647 or visit www.militaryonesource.mil. *En Espanola llame al* (800) 342-9647. TTY/TDD dial 711 and provide (800) 342-9647. Telephonic, web-based, and video counseling are available.

MILITARY RETIREES, DEPARTMENT OF THE ARMY CIVILIANS AND THEIR FAMILIES:

- **Fort Knox Employee Assistance Program** (EAP), M-F: 0730-1600 or call (502) 624-8361.
- **Military OneSource**, 24/7/365: (800) 342-9647 or visit www.militaryonesource.mil. *En Espanola llame al* (800) 342-9647. TTY/TDD dial 711 and provide (800) 342-9647. Telephonic, web-based, and video counseling are available.

DEFENSE HEALTH AGENCY (DHA) EMPLOYEES:

- **Employee Assistance Program provided by Magellan Health**: 1-866-580-9046 or magellanascend.com
- **Military OneSource**, 24/7/365: (800) 342-9647 or visit www.militaryonesource.mil. *En Espanola llame al* (800) 342-9647. TTY/TDD dial 711 and provide (800) 342-9647. Telephonic, web-based, and video counseling are available.

POC for this list is the Fort Knox Army Substance Abuse Program (ASAP).
For more resources, call ACS at (502) 624-8391 / 6291, M-F, 0730-1600hrs.

Army Substance Abuse Program (ASAP): Building 1224, 94 Pershing Drive, Fort Knox, Kentucky 40121
(502) 624-1537 / 8361 / 7374 / 8368 / 7119 / 5679 / 7031 / 1532

<mailto:usarmy.knox.imcom-atlantic.mbx.asap-prevention@army.mil> or visit Fort Knox @ <https://home.army.mil/knox>

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