

Support Services

Community Resource Line Dial 211

www.211.org

WA State Gambling Helpline 800-547-6133

<https://go.usa.gov/xFeAY>

Locate a Meeting

Gambling Anonymous

www.gamblersanonymous.org

Family Support: Gam-Anon

<https://www.gam-anon.org/>

Alcoholics Anonymous

<https://aa.org>

Family Support: Al-Anon / AlaTeen

<https://al-anon.org>

DOD FRAUD, WASTE & ABUSE HOTLINE

1-800-424-9098

<https://go.usa.gov/xFfuz>

24/7 JBLM DOMESTIC VIOLENCE SAFELINE

253-966-SAFE (7233)

For Emergency Response, Call 911

NATIONAL CRISIS TEXTLINE

TEXT "HOME" TO 741741

www.crisistextline.org

SUICIDE PREVENTION LIFELINE

1-800-273-TALK (8255)

www.suicidepreventionlifeline.org

Joint Base Lewis-McChord Employee Assistance Program

Hours of Operation: 0800-1600



JBLM (LEWIS-MAIN)

2008-B N. 3rd Ave.
First Floor, Rm B114—EAP Wing

Phone: 253-732-2214

Fax: 253-967-1411

JBLM (MCCHORD FIELD)

Call to Schedule an EAP Appointment

Phone: 253-732-2214

YAKIMA TRAINING CENTER

Services available via phone

Phone: 253-732-2214



JBLM DHR

jblmdhr.com



@jblmdhr



JBLM DHR

Employee Assistance Program

253-732-2214

Information, referral, and
counseling/consultation services for

- DoD Civilians & Families
- Retirees & Families
- Families of Active Duty

The EAP Mission

The Directorate of Human Resources (DHR) Employee Assistance Program (EAP) on JBLM supports Army, Air Force, DoD Civilians, Retirees & their Families.



Meeting with EAP does not jeopardize your job — it's a voluntary program designed to help employees.

EAP on JBLM is a free, confidential program which helps employees at all levels work through various life challenges that may negatively impact job performance, health or personal wellbeing.

Employee Assistance Services on JBLM

Information & Referral

The EAP is a one-stop information and referral program for the JBLM DoD civilian population.

EAP is designed to serve as a wellness tool to improve efficiency and productivity in the workplace.



EAP is available to assist with:

- Short-term counseling/ consultation
- Problem solving
- Navigating the substance abuse assessment & treatment process
- Diversity & the intergenerational workforce
- Relationship discord
- Other challenges

Excused absence as official duty time may be granted to attend the initial screening/ consultation. Please call (253) 732-2214 for more information.

EAP Training

For Supervisors

The JBLM EAP provides multiple training options for supervisors. Training is available to assist in identifying and addressing adult living concerns and illegal drug use by DoD federal civilian employees.

For Employees

Training is available to assist Army Employees on substance abuse prevention and its impact on performance and conduct in the work place.

Additional Training

For additional or specialized training, please contact an EAP representative to discuss options for you and/or your team. Examples of training we can conduct include:

- Civility in the Workplace
- A Winning Attitude
- Diversity in the Workplace

