



WHO WOULD YOU TALK TO?

You are never alone. Even on the most difficult days, your community stands with you, ready to listen and help. Find support in a battle buddy, Family member, mentor, Chaplain, or Behavioral health professional.



National Suicide Prevention LifeLine

Help available 24/7, call or text: 988
For the Military & Veteran's Crisis Line, press 1



Crisis TextLine

Text "HOME" to 741741 from your mobile device



JBLM Religious Support

Call 253-967-0015 to reach the on-call Duty Chaplain 24/7



Madigan Army Medical Center

Visit <https://madigan.tricare.mil/> for a list of Behavioral Health Services



Embedded Behavioral Health

Visit <https://home.army.mil/lewis-mcchord> for a list of EBH facilities



Not in crisis, but need to talk? Call an MFLC

The Military and Family Life Counseling (MFLC) Program provides confidential non-medical counseling to the Military community. These short-term, solution focused sessions can assist with issues such as managing stress, parenting, and improving home or work relationships.

To speak with an MFLC, call **253-293-2223**, or if you prefer to speak with a female counselor, call **253-213-4038** or **253-363-6975**.

