



WHO WOULD YOU TALK TO?

*JBLM Support for the
2022 Holiday Season*



National Suicide Prevention LifeLine
Help available 24/7: Call 988



Crisis TextLine
Text "HOME" to 741741

DIRECTORATE OF HUMAN RESOURCES (DHR)

FAMILY ADVOCACY PROGRAM

WALLER HALL: 2140 LIGGETT AVE (LEWIS-MAIN)
253-967-5901

Provides prevention & education classes (including workshops) to strengthen Family relationships using education, information, & referral.

NEW PARENT SUPPORT PROGRAM

WALLER HALL: 2140 LIGGETT AVE (LEWIS-MAIN)
253-967-7409

Community based parenting support & education program. Assists both expectant parents & Families with children under 4 years old.

EXCEPTIONAL FAMILY MEMBER PROGRAM

SFAC - 9059 GARDNER LOOP (LEWIS-MAIN)
253-967-5797

Systems navigation, assistance with individual education plan (IEP), 504 plan, respite care, & non-clinical case management.

VICTIM ADVOCATE PROGRAM

THROUGHOUT JBLM

253-966-SAFE (7233) - 24 HOURS

Serving Airmen and families over 18 years old. Assists with crisis intervention, legal advocacy referral, medical advocacy, and information & referral.

ADDITIONAL RESOURCES

FAMILIES OVERCOMING UNDER STRESS (FOCUS)

BLDG 2013, N. 3RD ST, RM 331 (LEWIS-MAIN)
253-966-6390

Resiliency training for families, children, & couples; skill building groups, workshops and consultations.

MILITARY & FAMILY LIFE COUNSELORS

THROUGHOUT JBLM
253-293-2223

Short term behavioral health for adults.

FINANCIAL READINESS PROGRAM (FRP)

WALLER HALL: 2140 LIGGETT AVE (LEWIS-MAIN)
253-967-1453

Prevention education, one-on-one counseling sessions and support services. For Army Emergency Relief, contact 253-967-9852. For Air Force Aid Society, contact 253-982-2695

ARMY SUBSTANCE ABUSE PROGRAM (ASAP)

WALLER HALL: 2140 LIGGETT AVE (LEWIS-MAIN)
253-967-4530/9387

Substance abuse and suicide prevention training and classes, unit briefings, command team consultations, & resources.

EMPLOYEE ASSISTANCE PROGRAM (EAP)

BLDG 2008-B, 1ST FLOOR (LEWIS-MAIN)
253-732-2214

Free confidential information, referral & counseling services for DoD Civilians, Retirees & Family members.

SEXUAL HARASSMENT ASSAULT RESPONSE PROGRAM (SHARP)

WALLER HALL: 2140 LIGGETT AVE, #304 (LEWIS-MAIN)
BLDG 100, "THE CASTLE" SUITE 3024 (MCCHORD FIELD)
253-967-7272; **253-389-8469 (24-HOURS)**

Support for victims of sexual abuse & harassment.

CHAPLAIN FAMILY LIFE CENTER

4CMC: BLDG 9120 TRANSMISSION LINE RD. (LEWIS-MAIN)
253-967-1723

Individual & marriage counseling, parenting, divorce & spiritual issues.

MILITARY ONE SOURCE

800-342-9647 PHONE, ONLINE, OR FACE-TO-FACE

Conducts non-medical counseling & specialty consultations. Service topics include Family & relationships, financial, legal, health & wellness, deployment & transition counseling.