

RESILIENT JBLM

SUPPORT FOR OUR MILITARY COMMUNITY



988 Suicide and Crisis Lifeline
Help available 24/7: Call 988



Crisis TextLine
Text "HOME" to 741741

DIRECTORATE OF HUMAN RESOURCES (DHR)

FAMILY ADVOCACY PROGRAM

253-967-5901

2013-A N. 3rd St. Rm 203- JBLM Main

Provides prevention & education to strengthen family relationships using education, information & referral.

NEW PARENT SUPPORT PROGRAM

253-967-7409 / 5901

2140 Liggett Ave. (M&FRC Waller Hall) - JBLM Main

Community based parenting support and education program which assists both expectant parents and Families with children under the age of 4 years old.

EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP)

253-967-5797

9059 Gardner Loop (SFAC) - JBLM Main

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

FINANCIAL READINESS PROGRAM

253-967-1453

2140 Liggett Ave. (Waller Hall) - JBLM Main

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

ARMY SUBSTANCE ABUSE PROGRAM (ASAP)

253-967-4530

2013-A N. 3rd St.. Rm 108 - JBLM Main

Substance abuse and suicide prevention training, unit briefings, consultations & resources, alcohol & drug prevention classes and outreach.

EMPLOYEE ASSISTANCE PROGRAM

253-732-2214

Bldg. 2008-B, North 3rd St.- JBLM Main

Free, confidential information, referral and counseling services for DACS, Retirees and Family members.

VICTIM ADVOCATE PROGRAM

JBLM SAFELINE (24/7) : 253-966-SAFE (7233)

Services Offered Throughout JBLM

Assists with crisis intervention, legal advocacy referrals, medical advocacy, and information & referral.

SEXUAL HARASSMENT/ASSAULT RESPONSE AND PREVENTION (SHARP)

253-327-3872 · SHARP HOTLINE (24/7): 253-389-8469

2013-A N. 3rd St. - JBLM Main

Support for victims for sexual abuse and harassment. For Air Force personnel, contact SAPR in Bldg. 100 (Ste. 3024) at 253-982-7272.

ADDITIONAL RESOURCES

FAMILIES OVERCOMING UNDER STRESS (FOCUS)

253-966-6390

Bldg. 2013-B, North 3rd St. - JBLM Main

Family communication skill building. Resiliency training for Families, children & couples. Skill building groups, workshops, and consultations.

MILITARY & FAMILY LIFE COUNSELORS (MFLC)

253-293-2223 | Services Offered Throughout JBLM

Short term, solution focused behavioral health for adults. If a female MFLC is preferred, please call 253-213-4038

CHAPLAIN FAMILY LIFE CENTER

253-967-1723

Bldg. 9120, Jackson Ave. (4CMC) - JBLM Main

Individual & marriage counseling parenting, divorce & spiritual issues.

MILITARY ONE SOURCE

800-342-9647

Phone, Virtual & Face-to-Face Services

Confidential Service to Military Personnel. Non-medical counseling & specialty consultations.