

Behavioral Health

Who is Behavioral Health?

Behavioral Health is a team of uniformed and Civilian medical professionals that are specially trained in the areas of mental health and substance disorders. The behavioral health team will provide individual evaluation and treatment, which might include different therapies for emotional processing and/or medications for symptom reduction.

What can Behavioral Health help with?

- Depression
- Suicidal thoughts/ideations
- Anxiety
- Sleep problems (after sleep hygiene)
- Addiction
- Post-Traumatic Stress Disorder (PTSD)

Notes:

The BH Clinic is for active duty military only. Family Members can be seen through— Dr's on Demand or Telemynd. If it is a crisis, please go to the nearest emergency room.



CPT Parker

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- Phone: (757) 314-7557
- Office: BLDG 502
Fort Eustis, Virginia

Unit Ministry Team (UMT)

Who is the UMT?

The UMT consists of a Chaplain (Chaplain Britton) and a religious Affairs Specialist (SSG Lamb) who are here to support your spiritual resiliency along with the other Chaplains on JBLE. We help perform or provide services, counseling, answer questions, religious accommodations, "Building Strong and Ready Teams" events, and training.

Anything you share with the UMT is confidential.

What can the UMT help with?

- Religious support and advisement
- Services, Bible studies, classes, and trainings
- Counseling and referrals
- Religious accommodations (dietary, uniform, etc.)
- Spiritual resiliency
- Marriage problems
- Grief counseling
- Substance abuse
- Hospitalization
- Stress



Chaplain Britton

SCOTT.L.BRITTON.MIL@ARMY.MIL

- Phone: (361) 815-3022
- Office: 1st Floor, BLDG 805, Gaffey Place Fort Eustis, Virginia

Armed Forces Wellness Center (AFWC)

Where is the AFWC?

Building 500 (1st Floor), Sternberg Ave,
Fort Eustis, VA 23604

Hours: 0730-1600 Monday -Friday

Phone: (757) 314-7724

What can the AFWC help with?

- Weight management (loss, gain, maintenance)
- Body composition assessments
- Metabolic assessments
- Fitness assessments/exercise prescriptions

SHARP

Who is SHARP?

SHARP is a proactive and integrated initiative by the Army to eliminate sexual harassment and sexual assault within its ranks. Our BDE VA Mrs. Samuels and SHARP Representative SFC Arellano— Respond, provide training, and ensure a climate of respect and accountability for all.



Mrs. Samuels

quenita.m.samuel.civ
@army.mil

- Phone: (757) 878-2544
- Office: 3rd Floor, BLDG 805, Gaffey Place
Fort Eustis, Virginia



Employee Assistance Program (EAP)

What is EAP?

Confidential Counseling and Support for DoD Civilians.

How do I contact EAP?

1(800)-222-0364 or
www.FOH4You.com

What can EAP help with?

- Free, confidential counseling (in person or virtual)
- Available 24/7 for DoD Civilian employees and their families
- Up to 6 sessions per issue per year
- Covers stress, grief, anxiety, family,
- Finances, and workplace issues



Military & Family Life Counseling (MFLC)

What is MFLC?

MFLC offers a licensed professional who provides confidential situational, problem-solving counseling to Service Members, DoD Civilians, and their Families.

How do I contact MFLC?

1(800)-342-9647

What can MFLC help with?

- Stress management
- Relationship building
- Work problems
- Grief

Other Resource Contact Information

SHARP 24/7 Hotline: (757) 268-8967

DoD Safe Helpline:

877-995-5247 or safehelpline.org

Suicide and Crisis Lifeline: 988

Military OneSource: 800-342-9647

National Domestic Violence Hotline:

800-799-SAFE (7233)

Family Advocacy (FAP): (757) 314-7998

(FAP) Victim Advocate Hotline:

(757) 846-1777

EEO Hotline: (757) 878-4797 or (757) 878-5325

MEO Hotline: (757) 878-0022, (757) 897-6657,
or emily.r.goff2.mil@army.mil

Military Equal Opportunity

What is MEO?

Military Equal Opportunity provides support, education, and a safe reporting process for Soldiers and family members experiencing discrimination or harassment based on: Race, Color, Sex (including pregnancy), National Origin, Religion, and Sexual Orientation.

POC: SFC Goff, Emily- (757) 897-6657 or
emily.r.goff2.mil@army.mil

“One Team, One Standard, Zero Tolerance.”



93D SIGNAL BRIGADE (STRATEGIC)

RESOURCE GUIDE

<https://armyeitaas.sharepoint-mil.us/sites/93SB-SpecialStaff>