



AS AN AIR FORCE CIVILIAN, WHERE CAN I FIND HELP?

We all face challenges, but we don't have to face them alone.

IF YOU NEED HELP WITH...	TRY THESE AGENCIES & THEIR RESOURCES	
Health & wellness planning	AFMC Wellness Support Center Health and Wellness Center	www.afmcwellness.com (937) 904-WELL (9355)
Finances & work-life balance	Airman & Family Readiness Center Federal Employee Education and Assistance Fund	(937) 257-3592 (303) 933-7580
Health screenings & education	Civilian Health Promotion Services	(937) 904-9359
Work, personal or family issues	Employee Assistance Program (local) Employee Assistance Program (toll free) Chaplain Services Civilian Personnel Main Customer Service Civilian Personnel Benefits Customer Service DoD Child Abuse and Safety Hotline	(937) 656-5388 (800) 222-0364 (937) 257-7427 (937) 257-8305 (937) 257-2411 (877) 790-1197
Information & Referral Counseling	United Way First Call for Help (Dayton area) Airman & Family Readiness Center	211 (937) 257-3592
Mental health & substance abuse	Employee Assistance Program (local) Employee Assistance Program (toll free)	(937) 656-5388 (800) 222-0364
Suicide prevention	WPAFB Suicide Prevention Hotline (24/7) National Suicide Prevention Lifeline American Association of Poison Control Centers	(937) 229-7777 (800) 273-8255 (800) 222-1222
Sexual assault & victim advocacy	Sexual Assault Response Coordinator	(937) 257-SARC (7272)
Crime victim advocacy	Victim Witness Assistance Program	(937) 257-6142
American Red Cross	Health and Safety Education	(937) 257-9876

Integrated Delivery System -- <http://www.wpafb.af.mil/units/ids/>