

Help is Here

From time to time, we all experience concerns regarding our:

families, work or military careers.

For AFRC reservists and their families, the Psychological Health Advocacy Program (PHAP) was developed to assist with the psychological needs of you and your family.

PHAP services are available to each AFRC reservist and his or her family regardless of whether the member is deployed or at home station.

PHAP members have the resources to relieve the stressors of deployment and demands of military life.

“There is a fear if I do step forward there will be dire consequences...”

Anthony Arita, Cmdr, USN, PhD, Defense Center for Excellence

Those fears have fueled a mental health crisis. About 1/5 of people returning from the Afghanistan and Iraq wars are reporting symptoms of post-traumatic stress disorder or major depression, but only about half of them seek treatment (Rand, 2008)

“...negative career consequences for seeking mental health services are fairly uncommon”

Col Scott R. Marrs, Chief, PhD, USAF Mental Health Division

<http://www.apa.org/monitor/2009/06/stigma-war.html>

Contact Us



YOUR REGIONAL CONTACTS

Jennifer L. Wedel, Lt Col, USAFR, NC
NORTH Region Case Facilitator
Commercial: (937) 470-2396

Christine Englemann, Lt Col, USAFR, NC
SOUTH Region Case Facilitator
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Owenia Boykins, Major, USAFR, NC
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Ronald H. Helms, Capt, USAFR, NC
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If you or someone you know may be having suicidal thoughts, please call 911 or 1-800-273-8255

Air Force Reserve Psychological Health Advocacy Program



National Suicide Prevention Lifeline: 1-800-273-8255

You and your family are not alone



Psychological Health Advocacy Program (PHAP)

- Regional, mental health teams, who assist AFRC reservists & their families regardless of deployment status
- Locates resources for you & your family regardless of your income or location
- Wing leadership consultants regarding psychological health concerns
- PHAP services are FREE !

Common Mental Health Concerns

- Suicidal thoughts or actions
- Feeling sad or hopeless
- Unable to maintain close relationships
- Extreme mood swings
- Self destructive behavior such as alcohol abuse, illegal drug use or gambling
- Threats violence or violent behavior
- Sudden feelings of panic
- See, hear or experience imaginary things
- Repetitively carrying out unnecessary tasks

If you have thoughts of harming yourself or others, please call 911 or the:



COMMON QUESTIONS

Q: When should I become concerned?

A: Most people get help when they notice:

- Significant changes in self esteem
- Difficulties in personal relationships
- Chronic problems with co-workers

Q: Where do I get services?

A: Many resources are available to you by phone or online. Others are located in your community and some services will come to you. Some services are available through active duty and reserve resources.

Q: What if I can't pay for services?

A: Your service qualifies you and your family for many **FREE** services.

Q: Will seeking help affect my career?

A: Many mental health concerns, even when treated with medication, have no negative career impact.

Q: Who qualifies for PHAP services?

A: Any reservist and his or her family members, regardless of the member's deployment history,

Q: How do I access PHAP services?

A: Contact your regional case facilitator listed on this brochure or by email at:

AFRC.PHAP@us.af.mil

A PHAP case facilitator or outreach specialist can help you locate the best services for your needs

MFLC

Military Family Life Consultants



SAMHSA

Substance Abuse and Mental Health Services

