

## Help is Here

Many times, we 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...”**

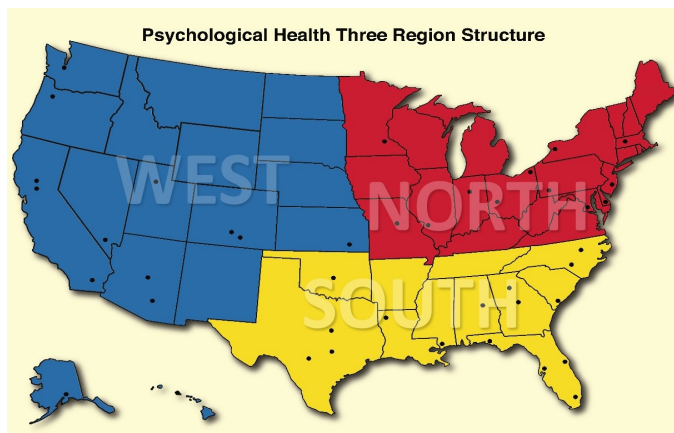
Anthony Arita, Cmdr, USN, PhD, Defense Center for Excellence

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



### PHAP Regional Contacts

**Jennifer L. Wedel, RN**

NORTH Region Case Facilitator  
(937) 257-2396 or (937) 470-5544

**Argarita Stewart, RN**

SOUTH Region Case Facilitator  
(678) 655-2464 or (484) 684-9708

**Karen Orcutt, RN**

WEST Region Case Facilitator  
(707) 424-2704 or (484) 684-9711

**PHAP Call Center - 24 Hours**  
**1-888-810-2400**

**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 case facilitators:
- Can assist reservists and their family members with life stressors without regard to deployment status
- By locating resources which assist reservists and their family members with financial, marital, mental health services, parental or substance abuse concerns
- While assisting commanders when reservists seek help with physical and psychological health concerns.
- Also, PHAP services are FREE !

**MFLC**

Military Family Life Consultants

**SAMHSA**

Substance Abuse and Mental Health Services



**American Red Cross**



**T R I C A R E**

## Common Mental Health Concerns

- Suicidal thoughts
- Feeling sad or hopeless
- Unable to maintain close relationships
- Extreme mood swings
- Alcohol abuse, 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:*

**NATIONAL**  
**SUICIDE**  
**PREVENTION**  
**LIFELINE™**  
**I-800-273-TALK**



## COMMON QUESTIONS

**Q: Who qualifies for PHAP services?**

**A:** All reservists and their family members are eligible to receive and use PHAP services.

**Q: When would I need PHAP services?**

**A:** Most people get help when they notice:

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

**Q: What PHAP assistance is available?**

**A:** Resources are accessible by phone and online. Many resources may be in your local community or available through active duty and reserve resources. In some instances resource providers will come to you!

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

**A:** All PHAP referral services are provided at no cost to reservists and their families.

**Q: Will using PHAP services be reported?**

**A:** Unless there is an imminent threat or you request command involvement, requesting & using PHAP services are not reported.

**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**