



AS AN EDWARDS AFB 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	www.afmcwellness.com
Finances & work-life balance	Airman & Family Readiness Center	(661) 277-4662
Health screenings & education	Civilian Health Promotion Services	(661) 277-3667
Employment Issues	Employee Assistance	(661) 277-5433
Mental health & substance abuse	Employee Assistance Program	(661) 277-1183
Unplanned pregnancy	CARENET Women's Resource Center of North County	(661) 729-4277
Suicide prevention	National Suicide Prevention Lifeline	(800) 273-8255
Sexual assault & victim advocacy	Sexual Assault Response Coordinator Sexual Assault Victim Advocates in: Ridgecrest Mojave	(661) 277-7272 (760) 375-7527 (661) 824-2649
Crime victim advocacy	Victim Witness Assistance Program Kern County LA County Inyo County San Bernardino County	 (661) 868-4507 (213) 974-7499 (760) 873-6669 (909) 387-6540