

## We Are Here to Help!

We all face problems from time to time.  
It may be:

Family...

Work...

Finances...

Military...

The Psychological Health Advocacy Program (PHAP) was designed to help Air Force reservists and their families with getting the assistance that they need.

Many people have not interacted with the mental health community and most of the time those who have often don't share their positive experiences or outcome.

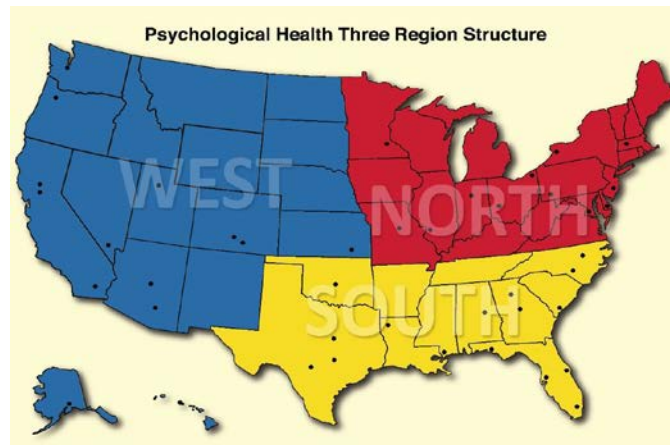
PHAP members are here to answer questions about mental health services and how you can access these resources.

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

**PHAP Call Center -24/7: 1-888-810-2400**

**Visit us on the web: <http://afrc.phap.net>**

**Organizational Email: [AFRC.PHAP@US.AF.MIL](mailto:AFRC.PHAP@US.AF.MIL)**



### YOUR REGIONAL CONTACTS

We provide services to Reserve units located throughout the North Region

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[http://www.twitter.com/afrc\\_phap](http://www.twitter.com/afrc_phap)

## Air Force Reserve Psychological Health Advocacy Program



**You and Your family Are Not Alone**



## Psychological Health Advocacy Program (PHAP) staff:

❖ We assist reservists and their family members who are dealing with life stressors by locating the resources that can help with:

- Financial Issues
- Relationship Problems
- Parenting Concerns
- Substance Abuse
- Mental Health

❖ We are also here to assist commanders when reservists seek help with physical and psychological health concerns.

PHAP services are FREE!

## 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**



## QUESTIONS & ANSWERS

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](mailto:AFRC.PHAP@us.af.mil)

**MFLC**  
Military Family Life Consultants



**SAMHSA**  
Substance Abuse and Mental Health Services

