



# 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 and wellness planning	AFMC Wellness Support Center	<a href="http://www.afmcwellness.com">www.afmcwellness.com</a>
	Health and Wellness Center	(505) 846-1186
Finances and work-life balance	Airman & Family Readiness Center	(505) 846-0741
	Federal Employee Education and Assistance Fund ( <a href="http://www.feea.org">www.feea.org</a> )	(303) 933-7580
Health screenings & education	Civilian Health Promotion Services	(505) 846-1186
Information and referral counseling	Airman & Family Readiness Center	(505) 846-0741
	American Red Cross	(505) 846-5564
Work, personal or family issues	Chaplain Services	(505) 846-5691
	Civilian Personnel	(505) 853-0007
	Employee Assistance Program	(505) 248-7296
Mental health & substance abuse	ADAPT	(505) 846-3305
Suicide prevention	National Suicide Prevention Lifeline	(800) 273-8255
Sexual assault & victim advocacy	Sexual Assault Response Coordinator	(505) 846-7272
Crime victim advocacy	Victim Witness Assistance Program	(505) 846-6251

Integrated Delivery System on Facebook. Search KAFB Wingman Plus to access

Surrounding communities

New Mexico  
Albuquerque

<http://www.newmexico.gov>

<http://www.cabq.gov>