

We Are Here For You!

Contact Us

<http://www.afrc.af.mil/AboutUs/PHAP.aspx>

Family | Work | Finances | Military

PHAP 24 HR MESSAGE LINE

1-866-417-0707

We all experience life stressors from time to time ...

PHAP will assist members and families who are dealing with issues that may require services or intervention.

PHAP will locate appropriate resources to assist in resolving issues.

PHAP team members will follow each Reservist through the resolution of the member's case.

Referrals can be made by anyone, such as the Reservist, Unit Commanders, family members or fellow Airmen.

PHAP maintains a 24/7 on-call message line to respond to inquiries and referrals. *This is not an intervention hotline.*

PHAP offers outreach or "morale" calls to requesting Reservists and families during all the stages of deployment: pre-deployment, during and post deployment.



South Region

Phone: (678) 655-2464
DSN: 625-2464

North Region

Phone: (937) 656-1709
DSN: 986-1709

West Region

Phone: (707) 424-2704
DSN: 837-2704

Air Force Reserve Psychological Health Advocacy Program (PHAP)



You and Your Family Are Not Alone



Psychological Health Three Region Structure





~PHAP~ The Bridge to Appropriate Care

Referrals for:

- * Family Counseling
- * Children & Teen Concerns
- * Marriage Retreats
- * Alcohol & Substance Abuse Awareness
- * Suicide Prevention
- * Mental Health Problems
- * Post-Traumatic Stress Disorder
- * Anger Management
- * Domestic Violence Awareness & Prevention

PHAP services are *free, confidential and available to each AFRC reservist and their family.*

**If in crisis, call:
National Suicide Prevention Lifeline
1-800-273-8255**



We're Here For Your
Family While You're Away

Deployments are difficult on
the entire family.

PHAP will be the caring call
to family members while
you're deployed, just to say
"how are you and your family
doing this week?"

Whatever happens while
you're away - PHAP will be
there to help.



Our goal...

is to maximize the support for you and your family at a most sensitive time in your life, while showing you the respect and dignity you deserve.

We offer support and referrals for solution-focused resources in order to improve outcomes and positively influence your total health and well-being.

For questions or concerns contact:

HQ AFRC PHAP Program Chief
AFRC.PHAP@us.af.mil
Phone: (478) 327-0342
DSN: 497-0342

Personally **H**elping **A**irmen **P**ositively