

Army Behavioral Health Resources



EMERGENCY & CRISIS

Emergency 911

Military Crisis Line* 24/7

Call: 1 (800) 273-8255 (TALK) – Press “1”

Text: 838255

Chat On-line: MilitaryCrisisLine.net

National Suicide Prevention Lifeline 24/7

1 (800) 273-8255 (TALK)

1 (800) 784-2433 (SUICIDE)

There is a team of trained and experienced professionals who can provide help to you or a Family Member. They are open 24 hours a day, 7 days a week. For Honolulu or neighbor Islands see below.

HI Access Line 24/7 Oahu 808-832-3100

Toll-free/Outer Islands 1-800-753-6879

Military One Source 24/7 1 (800) 342-9647

Defense Center of Excellence (DCoE) 24/7

1 (866) 966-1020

Military One-Source 1 (800) 342-9647

Helps to set up an appointment with an outside provider. The provider will be able to see you for 12 confidential sessions. Refer active duty service member (SM) and dependents to financial services, career counseling, child care, and other services.

Web: www.militaryone source.com

Military Police 24/7 SB 808-655-5555

Shafter 808-438-7114

TAMC 808-433-1111



SCHOFIELD BARRACKS(SB) COUNSELING/PSYCHIATRY

SB Chaplain 808-655-9307

After-Hours Duty Chaplain 808-217-5959

Warrior Behavioral Health 808-433-8600
Ext. 3, 6, 1

Adult Family Member Assistance
808-433-2778 Ext. 362

Child and Adolescent Assistance Center
808-433-2778 Ext. 363

Social Work Dept–

Family Advocacy Program (FAP) -Treatment
808-433-8579

United Health Care: Military & Veterans
1 (877) 988-9378

Shafter 808-438-7114

Army Substance Abuse Program (ASAP)
808-655-8610

CATAP: 808-655-8610

CATAP is an *anonymous* alcohol and drug abuse program offered *after work hours*. Participation in this program is *not reportable* to your command. Contact A.S.A.P. for further information.

Military Family & Life Consultant (MFLC)
808-222-7088

This resource is COMPLETELY CONFIDENTIAL and information provided is not included in your medical records with exception of safety concerns.

MLFC sees: SMs and dependents. SM's may wear any comfortable attire when meeting with consultants. Location is any public place that is convenient for you. It is a short-term therapy. MFLC does not prescribe medications.

FOCUS Project (Military Family Support)
Schofield & Wheeler - 808-624-2033

Main - 808-257-7774

FOCUS (Families Overcoming Under Stress) assists families (children and spouses) to overcome challenges of deployment, reintegration, communication, and setting family goals.

Web: <http://focusproject.org>

Army Community Services (ACS)
Schofield - 808-655-4227

Fort Shafter - 808-438-4227

ACS offers a variety of services: computer lab, computer classes, and family and parent support (see below). Web: <http://himwr.com/>

- **ACS Safe Line 24-hour** 808-624-SAFE
- **Victim Advocate Services** 808-624-7233
(aka) 24-hr Victim Advocate Hotline
- **Family Advocacy – Program**
- **Parenting Classes**
- **New Parent Support**
- **Life Enrichment Classes**
- **Children's Education Program**
- **1-2-3 Magic, Managing Difficult Behavior**
- **Couples Communication**
- **Preparing Children for Deployment**
- **Work & Career Centers**
- **Financial Readiness Program**

▪ **Army Emergency Relief (AER)**

AER provides emergency assistance to Army Soldiers and their families (active or retired), widowers, and orphans of deceased Soldiers in times of extreme financial distress.

▪ **Survivor Outreach Services** 808-438-1956

▪ **Deployment Support Classes**

▪ **Command & Troop Briefings**

▪ **Exceptional Family Member** 808-655-4777

The Exceptional Family Member Program (EFMP) is a resource for Families that have one or more members who have a qualifying medical, mental health or educational need. The EFMP works in conjunction with Child, Youth and School Services (CYSS) to complete a Special Needs Accommodation Process (SNAP) which helps to assist children with special needs to integrate into the CYSS programs. EFMP offers training, respite, special education resources, support groups and access to community resources.

▪ **Hearts Apart – Waiting Families**

Support group designed to assist families who are not able to accompany SM due to a tour.

▪ **Making A Move**

Offers to minimize stress of relocation by offering information, resources, and online tools to educate and empower.

- **Lending Closet** (*Borrow basic household goods while waiting for personal household goods to arrive or during departure (including high chairs, car seats, towels, linens etc.)*)



TRIPLER ARMY MEDICAL CENTER (TAMC) COUNSELING/PSYCHIATRY

Multi-Disciplinary Behavioral Health

Service-

▪ **Adult Behavioral Health Outpatient Service-** 808-433-2737

▪ **Behavioral Health Outpatient Specialty Service-** 808-432-1495

Family Advocacy Program- 808-433-6606

Child and Family Behavioral Health Service- 808-433-6418

Adult Behavioral Health Hospital Based

Service

▪ **Inpatient Behavioral Health Service-** 808-433-2610

▪ **Addiction Medicine Intensive Outpatient Program-** 808-433-6098

- **Psychological Health Intensive Outpatient Program-** 808-433-7480

TAMC Information Desk/Mainline*

808-433-6661

TAMC Information Desk assists to connect you with any TAMC related departments and/or agencies.

TAMC Chaplain 808-433-5727



DOMESTIC VIOLENCE / SEXUAL ASSAULT

Victim Advocate Hotline – 24/7

808-624-SAFE (7233)

SHARP – Sexual Harassment/ Assault and Response Prevention

Schofield - 808-221-7447

Family Advocacy Program (FAP) Treatment

Schofield - 808-433-8579

TAMC - 808-433-6606

Military Police

Ft Shafter - 808-438-7114

TAMC - 808-433-1111

Schofield - 808-655-5555

Domestic Abuse Hotline (Hawaii)

808-841-0822

Child Protective Services 808-832-5300



LEGAL ASSISTANCE

Legal (JAG & Legal Assistance Office)

Limited Legal Services – Army includes:

- ✓ **Wills:** TAMC military personnel preparing for deployment
- ✓ **Power of Attorney:** Active Duty military personnel, Retirees and Dependents
- ✓ **Advanced Medical Directives:** Active Duty military personnel, Retirees and Dependents
- ✓ **Notary Public Services:** Active Duty military personnel, Retirees and Dependents

Schofield - 808-655-8607 / 8608

- Notaries/POAs done on a walk-in basis
- Walk-Ins on Wednesdays (0900-1500)
- Attorney Walk-In Consultations
Tuesdays (0930-1130 & 1300-1530)
- Divorce and Separation Briefings
Tuesdays and Thursdays (1330)
Mon 0900-1130
Tue, Wed, Fri 0900-1600

Thu 1300-1430

TAMC - 808-433-5311

- Notaries are done on a walk-in basis
- Wills for Deploying TAMC Soldiers by Appointment Only

Mon - Fri 0900-1500

Inspector General (IG) - Army

808-433-6654



GRIEVING SUPPORT

Grief Support Group 808-432-2260

Kaiser Permanente Hospital-Moanaloa (Prevention & Health Education) offers FREE groups for military family members.

“HOPE” Helping Parents In Normal Grieving 808-432-2260

Kaiser Permanente Hospital-Moanaloa (Prevention & Health Education) offers parents who lost a child through miscarriage, still-born, or by other means.

Bereavement Support Group 808-226-4782

Open to public.

Tragedy Assistance Program for Survivors (Military)

Web: www.tabps.org 1 (800) 959-8277



PCS OR RETIRING

inTRANSITION 1 (800) 424-7877

Contact inTransition and you will be assigned a personal coach who will support you as you move between health care systems or providers. He or she will:

- Coach you one-on-one as you go through your transition.
- Connect you with your new provider.
- Empower you with tools to continue making healthy life choices.

Web: <http://www.health.mil/intransition/>

VA Helpline 1 (800) 784-2433

VA Crisis Line 1 (800) 273-8255

VA Enrollment & Eligibility 808-433-0600
Website: www.va.gov

VA Women’s Health Clinic 808-433-0600

Advice Nurse 24/7 800-214-1306

VA Women’s Health Clinic 808-433-0472

VA Honolulu Vet Center 808-973-8387

United Health Care: Military & Veterans
1 (877) 988-9378



CHAPLAIN

Family Life Chaplain 808-655-9307

After-Hours Chaplain 808-217-5959

Installation Ops Center (24/7) 808-656-3269
- (IOC) For up-to-date On-Call Chaplain number.*

TAMC Chaplain 808-433-5727

Schofield Chaplain 808-655-9307



CHILD CARE ON BASE

Children’s Waiting Room - YMCA (RSVP*)

Schofield - 808-433-8410

TAMC – 808-433-3270

Armed Services Child Care YMCA (RSVP*)

Wheeler - 808-624-5645

Two types of classes offered: 1) Standard pre-school and 2) Children with no pre-school experience. Also includes “Play Morning” group that involves parent participation, and craft activities. Please call for more information.



OTHER

Army Wounded Soldier and Family Hotline

1 (800) 984-8523

For: Service members (includes National Guard and Reservists), family members, and veterans.

Hours: 24/7

Services include the following:

- ✓ Share concerns of quality care
- ✓ Assists patient to resolve medical issues
- ✓ Explanation of MEB process and further assistance
- ✓ Resources (military and civilian)

Employee Assistance Program

808-655-6047

Purpose: Job-based

- ✓ Help employees identify and resolve personal problems that may affect their job performance and well-being.
- ✓ Assist management in addressing productivity issues.
- ✓ Promote work/life/wellness programs.