

Employee Assistance Program (EAP) (1-866-580-9078). Confidential and free service for federal civilian employees and dependents. Offers assistance with a wide range of personal problems or life issues. For more information go to: www.AFPC.af.mil/EAP.

Equal Opportunity (713-1221) (UTA Only). Ensures compliance with the Air Force's equal opportunity (zero tolerance) policy against unlawful discrimination and sexual harassment.

Inspector General (713-1298) (UTA Only). Provides varied problem-solving assistance. Investigates allegations of inappropriate conduct, Fraud, Waste & Abuse. It is recommended the prescribed grievance channels and/or the chain of command be utilized as the first course of action for perceived violations.

Legal Services (713-1230) (UTA Only or via Command Post at 713-1777). Provides legal advice concerning personal and civil matters. Services include powers of attorney and wills.

Military & Family Readiness Center (713-1516). Offers: Assistance with Financial Grants, Employment/Resume Writing/Interview Skills, and Transition Program Assistance, to include navigating the Veterans Administration Resources. Programs: Operation HomeFront, Beyond the Yellow Ribbon, Child and Youth, AF Families Forever, EFMP, EFAC, Financial and Deployment Readiness.

Military One Source (800-342-9647). Military resource website providing 24/7 support for military personnel, spouses, family members and survivors on taxes, moving, spouse employment, MWR and more.

Military Personnel Customer Service (713-1507). Provides ID cards and DEERS updates for service members, retirees, and their family members. *For ID appointments, visit <https://idco.dmdc.osd.mil/idco/#/>

Psychological Health Advocate (937-656-1709). PHA's offer support and will locate appropriate resources to assist resolving personal issues. Referrals can be made by anyone, such as the Reservist, Commander's, family members, or fellow Airmen. PHA's also offers outreach or morale calls to requesting Reservists and families during all stages of deployment, pre-deployment, during, and post-deployment. This is an AFRC funded program.

Recovery Care Coordinator (701-747-6182). The Air Force Warrior and Survivor Care Program's focal point for non-clinical case management for seriously wounded, ill, and injured Airmen, including members of the Reserve and Guard components, and their families.



Safe Help Line (1-877-995-5247). Crisis support for members of the DOD community affected by sexual assault. Safe Helpline provides one-on-one phone counseling, group chats, resource/referral, and information on reporting options and retaliation. Services are confidential, anonymous and secure. They are available worldwide, 24hrs a day, 7 days a week, providing victims with the help they need anytime, anywhere. Safe Helpline can also be accessed online via <https://www.safehelpline.org> or via the Safe Helpline App.

Sexual Assault Prevention & Response (SAPR) (Hotline: 612-386-8128) (Office 713-1315). The SAPR office provides support for anything sexual assault related. This includes information on reporting options, resource/referral, advocacy, coordination of care, and SAPR training. SAPR advocates are available 24/7 via the SAPR hotline.

Suicide Prevention Lifeline 988 or 1-800-273-8255. The National Suicide Prevention Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week.

United Way 211 (Local 651-291-0211, Toll Free 1-800-543-7709). Information and referral service for the civilian community.

Vet Center (1-877-War Vets). Provides a broad range of counseling, outreach, and referral services to combat veterans and their families. Vet Centers guide veterans and their families through many of the major adjustments in lifestyle that often occur after a veteran returns from combat. Services for a Veteran may include individual and group counseling in areas such as Post-Traumatic Stress Disorder (PTSD), alcohol and drug assessment, and suicide prevention referrals. All services are free and strictly confidential.

WHERE TO GO WHEN YOU NEED HELP



**Support Services Available in the
Minneapolis/St Paul Community**

*Community Action Network
October 2023*



RESILIENCE

HELPFUL PHONE NUMBERS

Base Area Code - 612	
DSN - 783	
Commander's Action Line	713-1555
Fraud, Waste, and Abuse Hotline	713-1180
General Information	211
Sexual Assault Response	
24-hour Hotline:	612-386-8128
DOD Safe Help Line	1-877-995-5247
SARC	713-1315
Director of Psychological Health	612-919-2683
Military Crisis Line	1-800-273-8255, Press 1
Military & Family Readiness Center	713-1516
American Red Cross (24 Hr Emergency Line)	
1-877-272-7337	
Chaplain	713-1226 or 1227
COPE (Hennepin County)	
24/7 Licensed Clinician	612-596-1223
Equal Opportunity	713-1225 (UTA Only) 713-1223 (Non-UTA)
Employer Support of the Guard Reserve	
1-800-336-4590	
Fitness Center	713-1496
Equipment Rental	612-919-5134
Health Promotion	612-713-1472
Legal Office (UTA Only)	713-1230
Military One Source	1-800-342-9647
Pass & ID (Visitor Control Center)	713-1100
Psychological Health Advocate North Region	937-656-1709
Recovery Care Coordinator Grand Forks AFB	701-747-6182
TRICARE	1-877-988-WEST
Vet Center	1-877-927-8387
Anoka	763-503-2220
St Paul	651-644-4022
Duluth	218-722-8654
Violence Prevention	612-713-1159/1272

CRISIS MANAGEMENT

Abuse	
Child & Family Services	651-523-009
Toll Free	800-244-5373
Elderly Abuse and Exploitation Reporting	
844-8880-1574	
Domestic Abuse	
MN Coalition for Battered Women	651-646-6177
Day One Crisis Hotline	866-223-1111
National Hotline	1-800-799-7233
Security Forces	713-1101/1102
Alcohol/Drug Abuse	
Front Door Hennepin County	612-348-4111
Alcohol Treatment (MN)	800-603-1069
Drug Abuse Treatment (MN)	612-216-0058
A.A. (Minneapolis)	952-922-0880
A.A. (St. Paul)	651-227-5502
A.A - Greater MN and out state visit www.aa.org	
Anger Management	
Director of Psychological Health	713-1224
Catastrophic Emergency Services	
American Red Cross	1-877-272-7337
Crime Victim Assistance	
Hennepin County	612-348-4003
Ramsey County	612-436-4800
Emergencies	
Ambulance (On or Off Base)	911
Command Post	713-1777
Fire (On or Off Base)	911
Mental Health Crisis	988
Financial Management/Problems	
American Red Cross	1-877-272-7337
Military & Family Readiness Center	713-1516
Legal Assistance: MN Council for Veterans Legal Assistance	651-200-4750
Sexual Assault Prevention & Response	
SAPR Hotline 24/7	612-386-8128
Office	713-1315
Suicide Prevention	
Suicide Prevention Lifeline	988 or 1-800-273-8255
Wellness/Psychological Health	
Director of Psychological Health	713-1224
Lutheran Social Services	612-879-5320
Psychological Health Advocate	937-656-1709

KEY SUPPORT SERVICES

American Red Cross (1-877-272-7337). Offers emergency communications with families outside the local area. Provides classes in CPR, First Aid, AED, Babysitting and Caregiving, swimming, lifeguarding and water safety, and emergency planning and preparation.

Beyond the Yellow Ribbon (<https://mnbtyr.ng.mil/>) Beyond the Yellow Ribbon is a comprehensive program that creates awareness for the purpose of connecting service members and their families with community support, training, services and resources. Contact A&FR for more info: 612-713-1516.

Chaplain Services (612-713-1226/1227). Provides crisis response and spiritual and moral counseling to military members and their families. Chaplain services is the only military agency that provides total confidentiality. Worship services are provided on primary UTA weekends.

C.O.R.E. (1-888-881-8261) Provides free 24/7 counseling services for military, veterans, and families. The Minnesota Department of Veterans Affairs partnered with Lutheran Social Services to create C.O.R.E. Office locations are throughout the state. Some services offered are: deployment and reintegration assistance, addiction counseling, financial counseling, abuse counseling and other types of trauma, and resources and referrals.

Crisis Text Line (<https://www.crisistextline.org>). Text HOME to 741741 from anywhere in the US, anytime, about any type of crisis. Crisis Text Line serves anyone, in any type of crisis, providing access to free, 24/7 support and information via the medium people already use and trust: text. This is a non-military organization.

Director of Psychological Health (612-919-2683) The DPH provides counseling services to military and their families to maximize their psychological health, resilience, and well-being. The DPH can assist in person or by phone with a variety of life and military related issues such as anxiety, depression, anger management, stress, family discord, parenting, marriage and relationships, and alcohol misuse.

Education Office (713-1256). Provides educational opportunities and services to the Air Force community. Programs include undergraduate, graduate, professional military, high school completion and testing services.