



Goodfellow: Where to Ask for Help

If you notice signs of distress in yourself, your family, or your fellow service member, the resources below can help.

You are not alone!



**MILITARY
ONESOURCE**



IN CASE OF EMERGENCY, CALL 911

Crisis Intervention Hot Line: (325) 653-5933

SFS Law Enforcement Desk: (325) 654-3504

Chaplain After Duty Hours: (325) 654-3558

Emergency: (325) 315-8853

1st Sergeant: _____

Phone: _____

Email: _____

Key Support Liaison: _____

Phone: _____

Email: _____

Area Code 325	654-3122	654-3424	654-4293	654-1600	654-5998	654-3203	654-3149	654-3122	232-4600 315-4279	654-3893	654-3498	654-1845	654-1559 / 24hr 654-1571
Supporting Agency	ADAPT	Chaplain 100% Confidential	EO	Family Advocacy	Health Promotions	JA	Medical Provider	Mental Health	MFLC	M&FRC	Military Housing Office	* School Liaison	SAPR 24hr Hotline
Abuse & Neglect		●		Domestic Violence				Trauma					
Adjustment to the Military		●							●				
Alcohol & Drugs	●	●											
Anger Issues		●		●					●				
Concentration & Focus Issues		●							●				
Deployments & Reintegration		●						Trauma	●	●			
Depression & Sadness		●					●	●	●				
Exceptional Family Member						Special Education	EFMP Enrollment			●			
Financial Assistance		●				Taxes				●			
Grief & Loss		●				Wills & POA			●	Survivor Benefits			
Harassment & Discrimination		●	●										
Marriage & Family		●		●					●				
Navigating Relationships		●		●					●				
Parenting		●		New Parent Support		Adoption			●				
PCS & Relocation		●					FMTS (EFMP)		●	●	●		
Sexual Assault / Sexual Harassment		●											●
Stress / Anxiety		●					●	●	●				
Study Habits, Work & School Performance		●							●			●	
Suicidal / Homicidal Thoughts		●						●					
Trauma & PTSD		●					●	●					
Wellness, Nutrition, Fitness, & Sleep					●		●						
17 TRW Integrated Resilience Office www.resilience.af.mil											* School Liaison: Located in Bldg. 145, Hours 0730-1630		CAO 19 Feb 2026

Reasons to Seek Help

