



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

You are not alone!

IN CASE OF EMERGENCY, CALL 911

Community Crisis Line of Monterey County: (866) 615-1060

Chaplain After Duty Hours: (831) 747-7375

Suicide & Crisis Lifeline: 988

PoM 24/7 Duty Phone: (831) 236-2425

Reasons to Seek Help

Phone Number	(866) 957-2256	(831) 242-5875	* See Below	(831) 242-5442	(831) 242-7653	(831) 242-5084	(866) 957-2256 (800) 404-4506	(866) 957-2256	(571) 580-5640	(831) 242-7979	+ See Below	(831) 242-7197	(831) 915-2351
Supporting Agency	ASAP/ SUDCC	Religious Support Office (RSO)	Air Force Chaplain	MEO	Family Advocacy	Legal	CALMED	Army Behavioral Health	MFLC	Military Housing Office	Air Force Behavioral Health (OME)	School Liaison	SHARP 24hr Hotline
Abuse & Neglect		●	●		Domestic Violence			●			●		
Adjustment to the Military		●	●					●	●		●		
Alcohol & Drugs	●	●	●								●		
Anger Issues		●	●		●			●	●		●		
Concentration & Focus Issues		●	●					●	●		●		
Deployments & Reintegration		●	●					●	●		●		
Depression & Sadness		●	●					●	●		●		
Exceptional Family Member		●				Special Education	EFMP Enrollment					Family Support	
Finances, & Emergency Financial Assistance			●			Taxes							
Grief & Loss		●	●			Wills & POA		●	●		●		
Harassment & Discrimination		●	●	●							●		
Marriage & Family		●	●		●				●		●		
Navigating Relationships		●							●		●		
Parenting		●	●		New Parent Support	Adoption			●				
PCS & Relocation		●	●				FMTS (EFMP)		●	●	●	Youth Education	
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	* Chaplain Numbers			(831) 242-7011 (831) 242-4136 (831) 242-5875 NCOIC (831) 242-3439 Sq Off (831) 747-7375 24 hr.			+ Air Force Behavioral Health (OME)			(831) 242-5026 (831) 242-7013 (Sq Office) (831) 242-7039 (Sq Office)			CAO 18 May 2026

