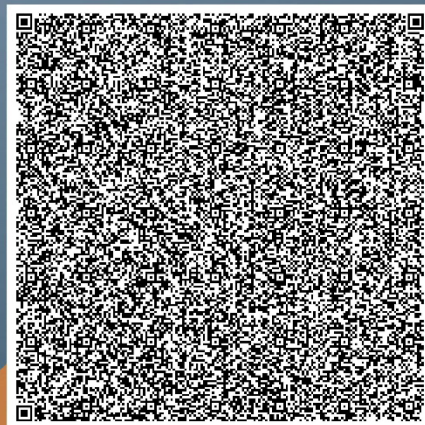


# Goodfellow AFB Helping Agencies

Scan QR Code to add the  
contact card to your phone today!

ONE CODE.  
ONE CONTACT.  
ALL IN ONE PLACE.



[resilience.af.mil](https://resilience.af.mil)

325-654-6019 / CAD 3 MAR 25

# GAFB Mental Health Roadmap

## Friends, Family, Chain of Command

- Your main resource is your existing support system – friends, families, coworkers, etc.
- If not supportive, tell another trusted resource or your unit's leadership (SEL, First Sergeant, Commander)
- Find a Master Resilience Trainer (MRT) / Resilience Training Assistant (RTA) in your unit – your command can identify these individuals
- Remember, the main factors that ensure resilience are belongingness and purposefulness



## Military & Family Life Counselors

- (325) 232-4600 (Adult)
- (325) 450-9714 (312 TRS)
- (325) 315-4660 (315 TRS)
- (325) 315-4279 (316 TRS)
- Non-medical counseling for issues such as improving relationships at home and work, stress management, adjustment difficulties, parenting, and grief or loss
- Flexible counseling locations
- Minimal reporting requirements and no health record documentation



## Chaplains

- (325) 654-3424 or for after-hours, call Command Post at (325) 654-3558
- 100% Confidential
- Religious and non-religious counseling services to support individuals and couples with a variety of life challenges
- No referral needed
- No health record documentation



SCHEDULE APPOINTMENT ONLINE!

## Military One Source

- (800) 342-9647 or militaryonesource.mil
- Non-medical counseling with in-person or virtual options
- Up to 12 sessions FREE per year, per issue
- For individuals and couples
- No health record documentation
- Life skills, financial stress, emotion regulation, loneliness, couples counseling, and more
- No referral needed



## Ross Clinic (17th Medical Group)

- (325) 654-3149 (Medical)
- (325) 654-3122 (Mental Health)
- Psychiatric Diagnostic Evaluations
- Duty Limiting Profile required
- Focus on rehabilitation, medical readiness, and return to duty
- Group and individual therapy interventions
- Referrals to Specialty Evaluations
- Medication Management



## Emergency Services

- Contact your unit's First Sergeant, Commander, or trusted service member
- Base Dispatch – (325) 654-3504
- 911
- Suicide & Crisis Lifeline - Call or Text (800) 273-8255 or 988
- Present to Ross Clinic / Mental Health Clinic during business hours
- Present, or be transported, to nearest Emergency Department



17 TRW / IRO

CAO 11 JUN 25

RESILIENCE.AF.MIL



Ever Into Danger



## 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!

### 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:

## Reasons to Seek Help

Area Code 325	654-3122	654-3424	654-4293	654-1600	654-5998	654-3203	654-3149	654-3122	See * Below	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	EMFP Enrollment						
Finances, & Emergency 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	* MFLC Numbers	Adult: 232-4600	CYB: 232-9992	TRG 312th: 450-9714 315th: 315-4660 316th: 315-4279						* School Liaison: Located in Bldg 145, Hours 0730-1630	CAO 1 May 2025		