

916th Air Refueling Wing Readiness Resources

24/7 Support

- National Suicide Prevention Helpline
Call or Text 988 or chat 988lifeline.org
- Veterans Crisis Line
Dial 988 then Press 1
- Military One Source
1-800-342-9647
- AFRC PHAP
1-866-417-0707
- National Domestic Violence Hotline
1-800-799-7233
- DoD Safe Helpline
1-877-995-5247

- 916th Air Refueling Wing Mobile App
- Airman & Family Readiness Center
919-722-8761
- American Red Cross
877-272-7337
- Chapel
919-722-0315
- Equal Opportunity
919-722-2577
- Family Child Care Program
919-722-7194
- Legal
919-722-7520
- Military Family Life Counselor
919-722-1123
- Personal Financial Counselor
919-722-1123
- Security Forces
919-722-2365
- Sexual Assault Response Coordinator
919-722-0154 or 919-920-7272
- Seymour Johnson AFB App
- TRICARE East Region
800-444-5445



Psychological Health Program

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916th Air Refueling Wing

Psychological Health Program



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Mission Statement:

AFR Directors of Psychological Health (DPH) will utilize their unique education, knowledge, training, and expertise to increase individual, unit, and Wing readiness. They will help Airmen and their families maximize psychological health, resilience, and wellbeing.



Services

- Individual and Command Consults
- Information and Referral
- Crisis Intervention
- Training and Intervention
- Solution Focused Counseling
- Problem Solving
- Supportive Talk Therapy
- **Non-clinical Services:** Needs assessments, referrals, consultations, education, training, etc. for Reservist, spouses and children
- **Clinical Services:** Limited clinical services consisting of an Initial Evaluation and Short Term Problem Solving
- **Education:** Develops relationships with local and regional community agencies to offer support and resources
- **Training:** Suicide Prevention and Resiliency
- **Consultation:** Advises Wing leaders

**Services are
Private and Confidential**

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