



AS AN AEDC EMPLOYEE, WHERE CAN I FIND HELP?

We all face challenges, but we don't have to face them alone.

IF YOU NEED HELP WITH...

TRY THESE AGENCIES & THEIR RESOURCES

ALL EMPLOYEES

Suicide prevention	National Suicide Prevention Lifeline	(800) 273-8255
	American Association of Poison Control Centers	(800) 222-1222
Mental health & substance abuse	Centerstone	(931) 461-1300
Unplanned pregnancy	Crisis Pregnancy Assistance Center	(931) 728-6440
Health and Safety Education	American Red Cross	(615) 893-4272

MILITARY

Virtual extension of installation services	Military One Source	www.militaryonesource.com
Health & wellness planning	AFMC Wellness Support Center	www.afmcwellness.com
	Health and Wellness Center	(931) 454-6440
Sexual assault & victim advocacy	Sexual Assault Response Coordinator	(931) 581-7494
Finances & work-life balance	Airman and Family Readiness Center	(931) 454-4574

DOD CIVILIAN

Health & wellness planning	AFMC Wellness Support Center	www.afmcwellness.com
	Civilian Health Promotion Services	(931) 454-6440
Work, personal or family issues	Employee Assistance Program	(800) 222-0364
Sexual assault & victim advocacy	Sexual Assault Response Coordinator	(931) 581-7494
Crime victim advocacy	Victim Witness Assistance Program	(931) 454-4567

ATA EMPLOYEES

Work, personal or family issues	Employee Assistance Program	(866) 828-6049 www.liveandworkwell.com
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