



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
	Life Choices - Winchester	(931) 962-8822
	Life Choices - Manchester	(931) 954-5381
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	DSN 872-2122
	Victim Advocate	(931) 581-7494
On-Call Chaplain	via Eglin AFB Command Post	(850) 883-4020

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
		www.foh4you.com
Sexual assault & victim advocacy	Sexual Assault Response Coordinator	DSN 872-2122
	Victim Advocate	(931) 581-7494
Crime victim advocacy	Victim Witness Assistance Program	(931) 454-4567
On-Call Chaplain	via Eglin AFB Command Post	(850) 883-4020