



COVID-19 MILITARY & CIVILIAN SUPPORT AGENCY GUIDE



MENTAL HEALTH SERVICES

Routine and acute mental health clinical services for *beneficiaries* will continue throughout this crisis. In addition, 24/7 consultation and disaster mental health resources are available through the local command post to support installation leaders and the local population. The sites below offer excellent resources for individuals, parents and caregivers, healthcare workers and leaders:

[Center for Disease Control](#)

[American Psychological Association](#)

[World Health Organization](#)

FAMILY ADVOCACY PROGRAM (FAP) / DOMESTIC ABUSE VICTIM ADVOCATES (DAVAs)

Available to Military and their Dependents eligible for care in a Military Treatment Facility (Intimate partners and others may qualify for limited support and referrals as appropriate). Contact your installation Family Advocacy Program about how to get help for yourself or someone else at risk of child abuse and neglect and/or domestic abuse/intimate partner violence in a military family.

National Domestic Violence Hotline (800-799-7233), www.TheHotline.org

Pathways to Safety (international toll-free at 833-SAFE-833)

[Overseas Victim Advocate Locator](#)

SEXUAL ASSAULT PREVENTION AND RESPONSE (SAPR)

Available to Military (Active Duty, Guard and Reserve), Adult (over the age of 18) Dependents of Military, and AF Civilian Employees. 24/7 SAPR response capabilities will remain operational. You can contact the DoD Safe Helpline at 1-877-995-5247 or visit safehelpline.org/ to connect to your local SAPR office.

EQUAL OPPORTUNITY (EO)

Air Force EO strives to accomplish its mission by promoting an environment free from personal, social, or institutional barriers that could prevent Air Force members from rising to their highest potential.

The AF Discrimination and Sexual Harassment Hotline is available 24 hours a day.

You can reach the hotline by calling 1-888-231-4058.

CHAPLAIN CORPS

Available to Military, Dependents, and AF Civilian Employees. Available 24/7.

****Contact your installation's command post outside of normal office hours.**

Patheos: www.patheos.com

This website provides a wide variety of spiritual and religious resources.

Real Warriors Campaign: www.realwarriors.net

Provides resources to service members, veterans, military families, and health professionals.

MILITARY ONESOURCE AND MILITARY FAMILY LIFE COUNSELING

Military OneSource and the Military and Family Life Counseling Program (MFLC) are committed to supporting the military community during this time of uncertainty.

Contact your local Airman & Family Readiness Center for MFLC services (*Active Duty and Dependents only*).

The Military OneSource call center remains available 24/7/365 for personalized support for Active Duty, Guard, Reserve and their Dependents. From overseas, call 800-342-9647 or collect 703-253-7599. For international dialing instructions, visit <https://www.militaryonesource.mil/international-calling-options>

Everyone (including Civilians) can utilize www.militaryonesource.mil for topics written specifically for the military community such as:

MWR Digital Library Helps Relieve COVID-19 Cabin Fever
Navigating Relationship Safety During COVID-19
Tips for Teleworking
Support for Financial Stress
COVID-19 Guidance for Federal Employees
Staying Safe While Staying Healthy: Tips for Military Families

AIR FORCE EMPLOYEE ASSISTANCE PROGRAM (EAP)

Available to Civilian Employees and their family members. All services are available telephonically and via web at afpc.af.mil/EAP. Sessions offered via telephone or web-conferencing.

EAP is available 24/7/365 at 1-866-580-9078.

USAFE-AFAFRICA OPERATION GRIT

OPERATION GRIT is our duty to mentor and lead owned by every USAFE-AFAFRICA Airman Warrior. By definition, GRIT is courage and resolve...strength of character. During our current state, while physical distance may be an issue, just remember “checking in” can still be accomplished – check in on those who are physically in the office, send emails to ensure people teleworking are maintaining connection, and provide awareness and access to resources.

<https://www.usafe.af.mil/GRIT/>

MISSIONFIT APP

Active Duty personnel and Civilian Employees can still stay fit-to-fight thanks to the Defense Health Agency MissionFit mobile app. Available in both the Android and Apple app stores—just search ‘MissionFit’ - this app offers a 12-week program of exercise routines along with a library of more than 90 exercises and detailed instructions with video, images and text.