

# Team Patrick Cape - Where to Find Support

You are encouraged to use your First Sgt and Chain of Command for assistance.



* Military & Family Readiness	** Chapel	* Child & Youth Services	** EFMP Medical	* Equal Opportunity	** Family Advocacy	* Health Promotions	** Mental Health	*** Military One Source	** Military Child Life Counselor	* Military Family Life Counselor	** Sexual Assault Response	*** Employee Assistance Pgm
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## Family

Change in Schools			•					•	•			•
Deployments	•	•					•	•	•	•		•
Divorce/Separation		•		•		•		•	•	•		•
Getting Married		•		•		•		•	•	•		•
Loss of Family/Friend		•					•	•	•	•		•
Parenting	•	•	•			•		•	•	•		•
Special Needs Family Mbr	•		•	•								
PCSing	•	•		•				•	•	•		•
Retirement/Separation	•											
Relationship Challenges		•				•		•	•	•		•
Spouse Employment	•							•				
Strengthening Marriage		•				•		•		•		•

## Personal

Abuse or Trauma (past)		•				•		•	•			•	•
Alcohol/Substance Abuse		•						•	•				•
Anger Management		•				•		•	•	•			•
Anxiety		•						•	•	•			•
Bullying/Hazing		•				•							•
Dating/Domestic Violence		•				•		•	•			•	•
Unlawful Discrimination		•				•							
Financial Info & Assistance	•												
Health Concerns		•						•	•	•			•
Hostile Work Environment		•				•							
Loneliness/Isolation		•						•	•	•			•
Low Self-Esteem		•						•	•	•			•
Sexual Assault		•				•		•				•	
Sexual Harassment		•				•						•	
Sleep Difficulties		•						•	•	•			•
Stress		•						•	•	•			•
Suicide Ideation		•						•	•				
Tobacco Cessation								•					•
Weight and Nutrition Mngt								•	•				•

\* Open To All      \*\* Open to DoD Active Duty & Their Families

\*\*\* Open to Air Force Civilians & Their Families

\*\*\*\* Open to Active Duty, Retirees, USAFR & ANG On Orders & Their Families

**Patrick Community Action Team**

Community Support Coordinator - Lorie Woodcock - 321.494.6968

# Team Patrick Cape Helping Agencies Guide



## PSFB Resources

ADAPT	321-494-8234
Military & Family Readiness Center	321-494-5676
Chaplain	321-494-4073
Chaplain 24/7 Emergency Care	321-494-7001
Child Development Center	321-494-7028
Civilian Health Promotion Services	321-494-3197
Community Child Care Coordinator, Family Child Care & EFMP Respite	321-494-2233
Diversity and Inclusion	321-494-3305
Equal Opportunity Office	321-494-6333
Exceptional Family Member Program (Assignments)	321-494-2330
Exceptional Family Member Program (Family Support)	321-494-5676/3992
Exceptional Family Member Program (Medical)	321-494-6493
Family Advocacy	321-494-8171
Health Promotions	321-494-2660
Legal Office	321-494-7357
Mental Health	321-494-8234
Military Family Life Counselor (Youth)	321-474-1530
Military Family Life Counselor	321-301-0406
Resilience Operations	321-494-6968
School Liaison Office (SLO)	321-494-1991
Sexual Assault Response	321-494-SARC (7272)
Special Victims Counsel	813-828-7668
Violence Prevention	321-494-3743
Youth Center	321-494-3006

## Additional Resources

AFOSI	321-494-5794
American Red Cross	877-272-7337
DoD Safe Helpline	877-995-5247
Domestic Abuse Victim Advocate	866-419-6899
Civilian Employee Assistance	866-580-9078
<a href="http://www.afpc.af.mil/EAP">www.afpc.af.mil/EAP</a>	
Military Onesource	800-342-9647
<a href="http://www.militaryonesource.mil">www.militaryonesource.mil</a>	
National Human Trafficking Hotline	888-373-7888
National Suicide Prevention Lifeline	988 or 800-273-8255



**Call 494-CARE**

**(Automated Phone Line)**