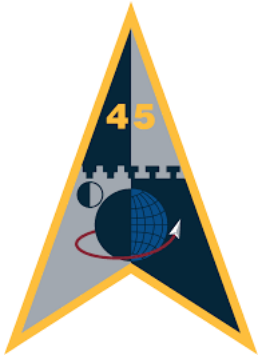


Team Patrick Cape - Where to Find Support

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



- * Airman & Family Readiness
- * Chaplain
- * 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

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		•				•		•	•			•	•
Discrimination		•			•								•
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							•		•				•

Finance

Emergency Need	•												
Foreclosure	•												
Mortgages/Loans	•												

* 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

Quick Reference Guide



PSFB Resources

ADAPT	321-494-8234
Airman & Family Readiness Center	321-494-5676
Chaplain	321-494-4073
Child Development Center	321-494-7028
Community Care Coordinator	321-494-6968
Equal Opportunity Office	321-494-6333
Exceptional Family Member Program (Assignments)	321-494-2330
Exceptional Family Member Program (Family Support)	321-494-4733
Exceptional Family Member Program (Medical)	321-494-6493
Family Advocacy	321-494-8171
Family Child Care	321-494-8381
Health Promotions	321-494-2660
Legal Office	321-494-7357
Mental Health	321-494-8234
Military Child Life Counselor	321-307-1112
Military Family Life Counselor	321-307-1354
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
www.afpc.af.mil/EAP	
Military Onesource	800-342-9647
www.militaryonesource.mil	
National Suicide Prevention Lifeline	800-273-8255



Call 494-CARE

(Automated Line)