


## WHERE DO I GO FOR HELP? - 916th ARW MATRIX

|  |   | Helping Agency <span style="float: right;">*all numbers are 919 area codes unless noted</span> |                                       |  |  |                      |                                      |  |   |                          |                                    |                                       |  |   |
|--|---|--|---------------------------------------|--|--|----------------------|--------------------------------------|--|---|--------------------------|------------------------------------|---------------------------------------|--|---|
|  |   | Alcohol & Drug Abuse Prevention<br>**<br>722-1883  | Airman & Family Readiness<br>722-8761 | A&FRC-Military Family Life Counselor<br>* See below for phone number | Behavioral Health Optimization Program (BHOP)**<br>722-1802                      | Chaplain<br>722-0315 | Equal Opportunity<br>***<br>722-1180 | Family Advocacy<br>**<br>722-1878  | Health Promotion<br>722-0407              | Legal Office<br>722-5322 | Mental Health Clinic**<br>722-1883 | Military One Source (800)<br>342-9647 | Director of Psychological Health<br>722-1899<br>cell: 984-277-7882 | Sexual Assault Response Coordinator<br>920-7272 |
| Alcohol/Drugs  | ★ |  |                                       | ★  | ★  |                      |                                      |  |   |                          |                                    | ★                                     |  | ★   |
| Clinical Anxiety/Panic/Depression  |   |  |                                       | ★  |  |                      |                                      |  |   | ★                        | ★                                  |                                       |  | ★   |
| Domestic Violence/Neglect  |   |  |                                       | ★  | ★  |                      | ★                                    |  |   |                          |                                    | ★                                     |  | ★   |
| Finances   |   | ★  | ★                                     |  |  |                      |                                      |  | ★   | ★                        | ★                                  | ★                                     |  | ★   |
| Grief  |   |  | ★                                     | ★  | ★  |                      |                                      |  |   | ★                        | ★                                  | ★                                     |  | ★   |
| Hazing/Bullying  |   |  |                                       | ★  | ★  | ★                    |                                      |  |   | ★                        |                                    |                                       |  | ★   |
| Homicidal Thoughts   |   |  |                                       | ★  | ★  |                      |                                      |  |   | ★                        |                                    | ★                                     |  | ★   |
| Nutrition/Fitness/Tobacco  |   |  |                                       | ★  |  |                      |                                      | ★  |   |                          | ★                                  |                                       |  | ★   |
| Marriage/Family  |   | ★  | ★                                     | ★  | ★  |                      | ★                                    |  | ★   | ★                        | ★                                  | ★                                     |  | ★   |
| Need for Medication  |   |  |                                       | ★  |  |                      |                                      |  |   | ★                        |                                    |                                       |  |   |
| Relationships  |   | ★  | ★                                     | ★  | ★  |                      | ★                                    |  | ★   | ★                        | ★                                  | ★                                     |  | ★   |
| Sadness/Worry  |   | ★  | ★                                     | ★  | ★  |                      |                                      |  |   | ★                        | ★                                  | ★                                     |  | ★   |
| Sexual Assault   |   |  | ★                                     | ★  | ★  |                      | ★                                    |  |   | ★                        | ★                                  | ★                                     | ★  | ★   |
| Sexual Harassment  |   |  |                                       |  | ★  | ★                    |                                      |  |   | ★                        |                                    |                                       |  | ★   |
| Suicidal Thoughts  |   |  |                                       | ★  | ★  |                      |                                      |  |   | ★                        |                                    | ★                                     |  | ★   |
| Unlawful Discrimination  |   |  |                                       |  |  | ★                    |                                      |  |   |                          |                                    |                                       |  | ★   |
| Work/School  |   | ★  |                                       | ★  |  |                      |                                      |  |   | ★                        | ★                                  | ★                                     |  | ★   |
|  |   | *Adult MFCL: 886-3346  |                                       |  | *Child MFCL: 904-3217  |                      |                                      | USO Programs: 330-1226 or visit <a href="http://northcarolina.uso.org">northcarolina.uso.org</a> |   |                          |                                    | updated Apr 20                        |  |   |
|  |   | 4 FW/IG Hotline: 722-0211, cell: 273-9850  |                                       |  | DoD Fraud, Waste, & Abuse (FW&A) Hotline: (800) 424-9098                         |                      |                                      |  | Worldwide DoD Safe Helpline: 877-995-5247 |                          |                                    |                                       |  |   |
|  |   | **Services only available while on AD orders   |                                       |  | *** 4 FW/EO while in civilian status, 916th EO while in reserve status: 722-2577 |                      |                                      |  |   |                          |                                    |                                       |  |   |