

# We Are Here For You!

## Contact Us

## Air Force Reserve Psychological Health Advocacy Program (PHAP)

Family | Work | Finances | Military

**PHAP 24 HR MESSAGE LINE**

**1-866-417-0707**

**We all experience life stressors from time to time ...**

PHAP will assist members and families who are dealing with issues that may require services or intervention.

PHAP will locate appropriate resources to assist in resolving issues.

PHAP team members will follow each Reservist through the resolution of the member's case.

Referrals can be made by anyone, such as the Reservist, Unit Commanders, family members or fellow Airmen.

PHAP maintains a 24/7 on-call message line to respond to inquiries and referrals. *This is not an intervention hotline.*

PHAP offers outreach or "morale" calls to requesting Reservists and families during all the stages of deployment: pre-deployment, during and post deployment.



### South Region

Phone: (678) 655-2464

DSN: 625-2464

### North Region

Phone: (937) 656-1709

DSN: 986-1709

### West Region

Phone: (707) 424-2704

DSN: 837-2704



[www.afrc.af.mil/AboutUs/PHAP](http://www.afrc.af.mil/AboutUs/PHAP)



## You and Your Family Are Not Alone





## ~PHAP~ The Bridge to Appropriate Care

Referrals for:

- \* Family Counseling
- \* Children & Teen Concerns
- \* Marriage Retreats
- \* Alcohol & Substance Abuse Awareness
- \* Suicide Prevention
- \* Mental Health Problems
- \* Post-Traumatic Stress Disorder
- \* Anger Management
- \* Domestic Violence Awareness & Prevention

PHAP services are *free, confidential and available to each AFRC reservist and their family.*

**If in crisis, call:  
Veterans Crisis Line  
1-800-273-8255 Press 1**



We're Here For Your  
Family While You're Away

Deployments are difficult on  
the entire family.  
PHAP will be the caring call  
to family members while  
you're deployed, just to say  
"how are you and your family  
doing this week?"

Whatever happens while  
you're away - PHAP will be  
there to help.



## Our goal...

is to maximize the support for you and your family at a most sensitive time in your life, while showing you the respect and dignity you deserve.

We offer support and referrals for solution-focused resources in order to improve outcomes and positively influence your total health and well-being.

For questions or concerns contact:

HQ AFRC PHAP Program Chief  
AFRC.PHAP@us.af.mil  
Phone: (478) 327-0342  
DSN: 497-0342

**P**ersonally **H**elping **A**irmen **P**ositively