**WHERE DO CIVILIANS GO FOR HELP?**

(Look for the stressor down the left side, then read right to find out who can help!)

|  |  |
| --- | --- |
|   | **HELPING AGENCY** |
| **Phone #:** | **987-7272** | **987-****6801** | **366-5196/****242-1816** | **987-6014** | **987-****7377** | **987-****7288** | **501-372-5543** | **501-376-4119** | **501-982-7515** | **1-800-245-0011** |
| **STRESS DUE TO…** | **SARC** | **Airman & Family Readiness Center (A&FRC)** | **AFRC/CDC- Military Family Life Consultant** | **Chaplain** | **Family Advocacy** | **HAWC** | **Arkansas Supportive Housing Network** | **Arkansas Workforce Center** | **Professional Counseling Associates** | **The Bridgeway** |
| **Work/ school** |   |   | X | X |   |   |   |   | X  |  X |
| **Finances** |   | X |  |  |   |   | X  |   |   |   |
| **Employment** |  | X |  |  |  |  |  | X |  |  |
| **Nutrition/ Fitness/ Tobacco** |   |   |  |  |   | X |  |   |   |   |
| **Marriage/ Family Relationships** |   |    | X | X | XReferral only |   |   |   | X |  X |
| **Grief** |   |   | X | X |   |   |   |   | X | X |
| **Worry** |   |   | X | X |   |   |   |   | X | X |
| **Sadness** |   |   | X | X |   |   |   |   | X | X |
| **Sexual Assault** | X |   |  | X |   |   |   |   |  |   |
| **Transitions** |  |  |  |  |  |  |  |  | X | X |
| **Need for Medication** |   |   |   |   |   |   |  |   |   | X |
| **Clinical Anxiety/ Panic** |   |   |   |   |   |   |   |   | X  | X |
| **Clinical Depression** |   |   |   |   |   |   |   |   | X  | X |
| **Alcohol/ Drugs** |   |   |   |   |   |   |  |   | X  | X |
| **Suicidal Thoughts** |   |   |   | X |   |   |   |   | X  | X |
| **Homicidal Thoughts** |   |   |   | X |   |   |   |   | X  | X |
| **Loss of Reality** |   |   |   |   |   |   |   |   | X  | X |

**Brought to you by the Little Rock Air Force Base Integrated Delivery Service (IDS) –**

**A working group of helping agencies!**

**For a more detailed list of agencies, contact a supervisor or A&FRC.**