

# 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	X Referral 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.