

McChord Family Resource Card



- Air Force EAP (No-Cost Telehealth Counseling): 866-580-9078
- Behavioral Health: 253-982-3685 [*253-968-4050/4398 triage during COVID-19]
- Chaplain On Call/Duty Chaplain: 253-967-0015
- Disaster Distress Help Line (COVID-19): 800-985-5990
- DoD Safe Help Line (Sexual Assault): 877-995-5247 or McChord SAPR: 253-982-7272
- Family Advocacy (Domestic Violence): 253-966-SAFE / 7233
- Madigan Emergency Department: 253-968-1390
- Military Family Life Counselor: 253-293-9353 / 9865
- Military One Source: 800-342-9647
- National Suicide Prevention Lifeline: 800-273-8255

Active / Veterans, opt #1 Chat-Live https://suicidepreventionlifeline.org/chat/

- Virtual Hope Box App (Download)- Useful when having anxiety or thoughts of suicide
- Youth/Parent Your Life Your Voice Grief Line: 800-448-3000
- *Call 211 For other community resources

**Call 911 for emergencies