

**Need help? Stressed
out? Know someone
who is...
There's help available**



- *All services listed are confidential. The level of confidentiality varies from service to service. Inquire as to the limits of confidentiality when you talk with the service provider.*
- *Eligibility requirements (i.e.: Active Duty status, Family Members, Cadets, DoD Civilians, Retirees) should be addressed directly with the service provider.*

Other important numbers:

TRICARE
To make an appointment at
KACH:
845-938-7992 local callers
800-552-2907 non-local
www.tricareonline.com

Health Net Customer Service:
1-877-TRICARE

Army Benefits Center (Civilian):
1-877-276-9287

USMA Post Operator:
845-938-4011

FMWR Fitness Center:
845-938-6490

Military OneSource



Phone calls and emails answered live by Masters-level consultants 24 hours a day, 7 days a week, 365 days a year. Free, short-term, face-to-face counseling available in the local community for eligible persons. Telephonic counseling also available.

**From the US call:
1-800-342-9647 or visit**

www.militaryonesource.com

*Need help but don't
Know where to turn?*

West Point

HEALTH & WELLNESS RESOURCE GUIDE



Community Mental Health (CMH)

Services include: psychiatric assessment, individual & group psychotherapy, psychiatric medication management, consultation to medical staff, psychological testing & crisis intervention (Bldg 606)

•CMH 845-938-3441
<http://kach.amedd.army.mil>

Social Work Services (SWS)

Individual & marital therapy. Spouse & child abuse assessment & clinical treatment. Crisis intervention & counseling for suspected family violence & sexual assault provided 24/7 (Bldg 606)

•SWS 845-938-3441

Keller Army Community Hospital (KACH) (Bldg 900)

•Emergency Room 845-938-4004
•Information Desk 845-938-5169
•Ambulance/Fire/Police 911
<http://kach.amedd.army.mil>

West Point School Counselors

Educational & behavioral interventions to include counseling support & academic screenings. In-depth educational evaluations administered when deemed appropriate

•WPES (Bldg 705A) 845-938-2313
•WPMS (Bldg 705) 845-938-2923

Chaplains

Pastoral care, counseling & guidance
•USMA Chaplain 845-938-3316
<http://www.usma.edu/Chaplain>

Alcohol & Drug Control Office (ADCO) Employee Assistance Program (EAP)

Provides short-term counseling/assistance to adults relating to alcohol & substance abuse, job stress, emotional or behavioral problems, family or financial issues & other adult life problems. Referrals to other medical/clinical agencies on or off post if applicable (Bldg 606)

•ADCO 845-938-2462
•EAP 845-938-5847

Army Substance Abuse Program (ASAP)

Provides substance abuse screening & assessment; individual, family & group counseling on an outpatient basis; referrals for inpatient substance abuse treatment, medical care & medication management (Bldg 606)

•ASAP 845-938-7691
<http://kach.amedd.army.mil/index03c.htm>

Soldier and Family Assistance Center (SFAC)

Provides support services to wounded Warriors assigned to the Warriors in Transition Unit, wounded DOD civilians, & their Families at West Point & in the Northeast. Assists Soldiers & Commanders in identifying & resolving health-related, personal & social issues. (Bldg 622; Bldg 626 effective 27 Jun 08)

•SFAC 845-938-2519
www.westpointmwr.com

Army Community Service's Family Advocacy Program (FAP)

Life skills educational programming consisting of Parenting & Couples Communication Skills; Anger & Stress Management; victim advocacy services; sexual assault response (SAR) & prevention (Bldg 622)

•FAP Manager 845-938-3369
•SAR Coordinator 914-382-8041 ©
•Victim Advocate 845-938-5657
•Main ACS Office 845-938-4621
www.westpointmwr.com

ACS' Mobilization & Deployment Program

Assists Soldiers & Families during all stages of deployment. Services include waiting Family support services, monthly Waiting Families Support Group meetings, & reunion/reintegration support & workshops (Bldg 622)

•Mob/Dep 845-938-5654
www.westpointmwr.com

ACS' Exceptional Family Member Program (EFMP)

Provides comprehensive & coordinated medical, educational, housing, community support & personal services to Families with special needs (Bldg 622)

•EFMP 845-938-5655
www.westpointmwr.com