

Fort Bragg – Mental Health Resources

Womack Health and Support Center Service Member Outpatient Mental Health

Who: Forces Command, 18th Airborne Corps, 44th Medical, Womack/Dental Activity, 16th Military Police, 83rd Civil Affairs, US Army Special Operations Command HQ, 525 Military Intelligence Brigade (except 319th Battalion), 108th Air Defense Artillery, 20th Engineer, 35th Signal, Joint Special Operations Command, Criminal Investigation Division, Security Force Assistance Brigade, US Army Civil Affairs and Psychological Operations Command, US Army Recruiting Command, and all other tenant units not assigned to one of the clinics below.

What: Mental Health individual and group sessions and seminars. Administrative evaluations for special schools, positions of trust, and separation are also conducted.

Where: Building 4-3219, All American & Long Street, 1st Floor

Phone: (910) 907-6825

Womack Health and Support Center Substance Use Disorder Clinical Care

Who: Service Members – all units

What: Substance Use Disorder treatment in individual and group sessions and seminars.

Where: Building 4-3219, All American & Long Street, 1st Floor

Phone: (910) 907-6825

East Bragg Outpatient Mental Health

Who: 82nd Combat Aviation Brigade, 1st Theater Sustainment Command, 3rd Corps Sustainment Command, 21st Chemical Company, 192nd Ordnance Battalion.

What: Provides individual, group, and medication therapy as well as case management. Provides command directed mental health evaluations.

Where: Building M-4234, 1790 Goldberg Street, across from 3rd Corps Sustainment Command Dining Facility

Phone: 910-908-5358 and 910-908-5322

Clark Outpatient Mental Health

Who: 2nd Brigade Combat Team; 18th Field Artillery Brigade

What: Provides individual, group, and medication therapy as well as case management. Provides command directed mental health evaluations, aeromedical evaluations, and psychological evaluations.

Where: Building 5-4257, 3605 Bastogne Drive

Phone: 910-432-1464

Robinson Outpatient Mental Health

Who: 1st Brigade Combat Team (includes 319th BN, 525th MI BDE), 3rd Brigade Combat Team, Headquarters Battalion 82nd Airborne Division, Division Artillery (includes 3-4 ADAR), and 82nd Sustainment Brigade

What: Provides individual, group, and medication therapy as well as case management. Provides command directed mental health evaluations.

Where: Building C-1722, Tagaytay Drive

Phone: 910-907-9486

3rd Special Forces Group Outpatient Mental Health

Who: 3rd Special Forces Group

What: Provides individual, group, and medication therapy as well as case management. Provides command directed mental health evaluations.

Where: Building X4356, New Darn Street

Phone: 910-908-2275

HP Forge Outpatient Mental Health

Who: John F. Kennedy Special Warfare Center and School (JFKSWCS) students and cadre.

What: Provides individual, group, and medication therapy as well as case management. Provides command directed mental health evaluations.

Where: Building D-2112, 1711 Shachnow Lane

Phone: 910-396-0956

1st Special Forces Command and Subordinate Units

*Providers are located within the brigade's footprint

- 1st Special Forces Command (BLDG H2318; Psy War Lane)
- 95th Civil Affairs Brigade (Building X4647, Medical Suite, 1st Floor)
- 4th Psychological Operations Group (Corner of 9th Infantry Street and Son Tay Road)
- 8th Psychological Operations Group (Corner of 9th Infantry Street and Son Tay Road)
- 528th Sustainment Brigade (Building X4047; New Dawn Drive, office area 102J)

West Bragg Mental Health Intensive Outpatient Programs

Who: Service Members enrolled in the Psychological Health or Addiction Medicine Intensive Outpatient Programs

What: Provides intensive outpatient group therapy as well as case management.

Where: Building D-3145, Merderet Street

Phone: 910-907-9179

Family Advocacy Program, Clinical

FAP-C provides commanders with assistance in addressing the problems of spouse and child abuse while providing evaluation, assessment, and supportive services for individuals of spouse or partner abuse and child abuse or neglect.

- Location: Ground Floor, Building 4-3219, All American & Long Street
- Contact number: (910) 907-8272/6128

Child, Adolescent, and Family Mental Health System

The Child, Adolescent, & Family Mental Health System (CAFMHS) serves as the Army Surgeon General's leading agent for developing, implementing, and sustaining programs that create a Mental Health System of Care (MHSOC) promoting healthy, strong children and families. Services are coordinated and integrated with IMCOM and FORSCOM resources using a Public Health Model that uses evidence-based interventions and standardized outcome measures. A referral from your Primary Care Manager is required to schedule an appointment.

- Location: Ground Floor, Building 4-3219, All American & Long Street
- Contact number: (910) 570-3048

Mental Health Consultants

Mental Health Consultants are in family medicine clinics, at patient-centered medical homes, Soldier-centered medical homes, and community-based medical homes serving active duty service members, retirees, and other beneficiaries to provide brief assessment and mental health services in collaboration with the patient's Primary Care Manager.

- WAMC: 907-8500 Clark: 907-2575 Byars: 907-7673
- Hope Mills: 908-4673 Linden Oaks: 908-6257 Robinson: 907-8282

Womack Department of Ministry and Pastoral Care

The Department of Pastoral Care facilitates spiritual support, counsel and ecclesiastical ministry for patients, their family members, and for staff members of the hospital.

- **Grief Support Group**, exploring what grief is and how to be intentional while charting a course for healing.
 - Every Wednesday, 11:30am – 1pm
 - Location: Womack Army Medical Center, Department of Ministry and Pastoral Care, 1st floor, near Rock Merritt Avenue entrance
 - Contact number: (910) 907-7729

Military and Family Life Counselors assist service members and their families with circumstances occurring across the military life cycle and aim to enhance operational and family readiness. They provide support to individuals, couples, families, and groups for a range of issues including, but not limited to, deployment stress, reintegration, relocation adjustment, separation, anger management, conflict resolution, parenting, parent/child communication, relationship/family issues, coping skills, homesickness, and grief and loss. All MFLCs provide confidential non-medical counseling services face-to-face, on and off military installations.

- General contact numbers: (910) 432-3742, (910) 396-8682/8683

Watters Family Life Center for Counseling and Resiliency

The Watters Center offers free, confidential family and relationship counseling to service members and military families from uniformed and civilian therapists. Counseling sessions can be done in a religious or secular context.

- Location: Building 1-3358, Randolph St.
- Contact number: (910) 396-6564

Military One Source – MOS will connect you with a licensed mental health professional in your area. MOS provides up to 12 sessions of non-medical counseling for Soldiers and family members. It is confidential and DOD-funded.

- Contact number: (800) 342-9647

inTransition – inTransition provides coaching and support for service members transitioning between established mental health care due to PCS or ETS. It is confidential and DOD-funded. Contact Number: 1- 800-424-7877; www.health.mil/inTransition

Vet Centers - services for active duty service members who have completed a combat deployment. Services include trauma treatment, substance use assessment, sexual trauma, marital and family, bereavement, employment, community referrals, and assistance with Department of Veterans Affairs services applications.

- **Fayetteville Vet Center**; 2301 Robeson St., Suite 103, Fayetteville, NC - (910) 488-6252
- www.vetcenter.va.gov

Fort Bragg - Soldier Support Center Resources, Building 4-2843, Normandy Drive

- **Army Community Service** - ACS provides services designed to assist with strengthening families, volunteering, employment readiness, EFMP, new parent support, relocation readiness, and victim advocacy programs. Classes include - Anger Management, Stress Management, and Financial Readiness. Contact number: (910) 396-8682/8683
- **Family Advocacy Program (Prevention)** - FAP helps Soldiers and their families recognize and prepare for the unique challenges of military lifestyles. Services include seminars, workshops, counseling, and intervention to help strengthen the relationships of Army families. Parenting Insight classes, After Deployment Adaptive Parenting Tools, Life Skills classes, Anger Management, Stress Management, and Couples Communications are just some of the services provided. Contact number: (910) 396-5521; New Parent Support Program: (910) 396-7951
- **Soldier for Life: Transition Assistance Program** - TAP delivers a world-class transition program for Soldiers leaving the Army, assisting with all areas of career decisions. Contact number: (910) 643-6302
- **USO North Carolina, Fort Bragg Center** - Contact number - (910) 495-1437. Website: <https://www.uso.org/>

Fort Bragg - Other Services

- **Armed Forces Wellness Center** - AFWC provides services designed to build and sustain good health and improve the overall lifestyles of Soldiers and family members. AFWC services focus on stress management, nutrition and weight loss, and physical fitness. Call to schedule an appointment. Location: 901 Armistead St. Contact number: (910) 643-2101
- **American Red Cross – Service to the Armed Forces (SAF)** mission is to provide care and comfort to the members of the United States Armed Forces and their families. The SAF team supports military families during deployments and emergencies; serves in military and veterans' hospitals, conducts emergency communications and continues supporting our nation's veterans after their service ends. The team also adapts services and creates new programs to meet the needs of today's military members, veterans, and their families. Location: 1-1139 Macomb Street. Contact number: (910) 396-1231.
- **Fort Bragg Education Center** - serves active duty service members, reserve component members, retirees, Department of the Army civilians, and their adult family members. Services may include counseling, information about financial aid and local programs, and enrollment in selected programs. Location: Building 1-3571, 4520 Knox St. Contact number: (910) 396-6721.
- **Fort Bragg R2 Performance Center** - The Fort Bragg R2PC program supports the Ready and Resilient Campaign by providing training that improves individuals' and units' resilience and performance. It also provides guidance and resources for MRTs and their commanders. Location: Gavin Hall, Building C-7417, All American Way. Contact number: (910) 908-4459.

- **Better Opportunities for Single Service Members** - assists single and unaccompanied Soldiers (including single parents) in identifying and planning recreational and leisure activities that are offered in a safe and exciting environment. Location: Soldier Support Center, Building 4-2843, Normandy Drive, 1st floor. Contact number: (910) 396-7751.
- **Fort Bragg Family and MWR (Morale, Welfare, and Recreation)** - information about social and dining opportunities, recreation, sports and fitness, arts and crafts, and more. Website: <https://bragg.armymwr.com/>
- **Child & Youth Services** – provides parent and outreach services, child development centers, school age centers, family childcare program, hourly childcare, SKIES Unlimited, youth sports and fitness, and school support services. Contact number: (910) 396-8110/5128; Building 1-4157 Knox Street

Crisis Numbers: Most numbers provide support 24/7/365

- If you or someone you know is in immediate danger: call 911
- Suicide and Crisis Lifeline: Call or text 988, press 1 or text 838255 for Veterans Crisis Line
- Military Police Emergency Dispatch: (910) 907-4813
- Military Police, non-911 emergency: (910) 396-0391/0392/0393
- Womack Army Medical Center Emergency Care: (910) 907-6559
- Fort Bragg Domestic Violence & Partner Abuse Hotline: (910) 396-5521 or (910) 322-3418 (after duty hours)
- Fort Bragg Victim Advocate 24/7 Hotline: (910) 322-3418
- Army Domestic Violence Hotline/Victim Advocate: (808) 624-SAFE (7233)
- National Domestic Violence Hotline: (800) 799-7233
- Fort Bragg Sexual Assault Hotline: (910) 584-4267
- DOD Safe Helpline: (877) 995-5247
- National Sexual Assault Hotline: (800) 656-HOPE (4673)
- Combat Veterans and Family Hotline - 24 hour hotline: (877) WAR-VETS (927-8387)
- Wounded Soldier and Family Public Health Center Hotline: (800) 984-8523

Useful Apps VA Mobile Apps: <https://mobile.va.gov/mental-health-and-behavioral-therapy-apps>

Safety Plan

Create a step-by-step action plan to keep yourself safe when experiencing thoughts about suicide or self-harm.

MHA for Veterans

Take a variety of mental health assessments from the comfort and convenience of home.

Mindfulness Coach

Learn mindfulness to reduce stress and improve emotional balance.

AIMS for Anger Management

Better track, address, and manage your anger with AIMS.

Couples Coach

Explore ways to connect with your partner to improve communication and satisfaction in your relationship.

Beyond MST

Cope with challenges and improve your quality of life after military sexual trauma (MST).

PTSD Coach

Access tools, educational resources, and self-assessments to help manage the stresses of daily life with PTSD.

Insomnia Coach

Guided training and tips to help you track insomnia and improve sleep.

VetChangeQ

Develop healthier drinking habits through this app's tools and guidance.

Links to additional apps may be found by visiting: <https://www.militaryonesource.mil/resources/mobile-apps/>