

## Fort Bragg – Robinson Mental Health Resource Sheet

### Robinson Outpatient Mental Health

**Who:** 1BCT, 3BCT, ADSB, HHBN/DIVARTY

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

**Where:** Building M-1722, Tagaytay Drive

**Phone:** 910-907-9486

### Military and Family Life Counseling

MFLCs 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.

1BCT MFLC: (910) 818-3335	ADSB MFLC: (910) 705-0346
2BCT MFLC: (910) 850-6991	HHBN/DIVARTY MFLC: (910) 988 6547
3BCT MFLC: (910) 729-1790	CAB MFLC: (910) 850-2951
SFRG: (910) 432-3742	ACS info desk: (910) 396-8682

### 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
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**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. Resource

- Contact number: (800) 342-9647

### 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

### 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

**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](http://www.vetcenter.va.gov)

**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](http://www.health.mil/inTransition)

### **East Bragg Outpatient Mental Health**

**Who:** 82nd CAB, 1st TSC, 3rd ESC, 21<sup>st</sup> Chemical Company, 192<sup>nd</sup> Ordnance Battalion

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

**Where:** Building M-4234, Goldberg Street

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

### **Clark Outpatient Mental Health**

**Who:** 2BCT; 18th Field Artillery Brigade

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

**Where:** Building 5-4257, 3605 Bastogne Drive

**Phone:** 910-432-1464

### **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, 1<sup>st</sup> floor, near Rock Merritt Avenue entrance
    - Contact number: (910) 907-7587

### **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

### **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, 1<sup>st</sup> 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
- 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)
- Veterans Crisis Line – 988 press 1, or text 838255
- Veterans' hotline - 24 hour hotline: (877) WAR-VETS (927-8387); [www.vetcenter.va.gov](http://www.vetcenter.va.gov)
- Wounded Soldier and Family Public Health Center Hotline: (800) 984-8523

**Specialty Referrals: Call 910-643-2499** and request the status of your referral. They will inform you whether the referral has been approved and where the appointment can be scheduled. They will provide the location and phone number. You may access a referral letter from the Humana Tricare website at <https://humanamilitary.com>. For questions regarding your referral or to request a change of location to a facility that accepts Tricare, call Tricare at 800-444-5445.

## Useful Apps

**VA Mobile Apps:** <https://mobile.va.gov/mental-health-and-mental-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.

### [ACT Coach](#)

Practice lessons learned during acceptance and commitment therapy (ACT) in your daily life.

### [Beyond MST](#)

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

### [STAIR Coach](#)

Enhance your in-person STAIR psychotherapy with interactive tools and education.

### [PTSD Coach](#)

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

### [CPT Coach](#)

Enhance your Cognitive Processing Therapy (CPT) treatment for PTSD with these support materials.

### [PE Coach](#)

Supplement your Prolonged Exposure (PE) therapy sessions with exercises and techniques to alleviate PTSD symptoms.

### [Insomnia Coach](#)

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

### [CBT-i Coach](#)

Receive support for cognitive mental therapy (CBT) for insomnia.

### [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/>

Develop health relationships with the free **Gottman Card Decks** for Relationships  
Apple

<https://itunes.apple.com/us/app/gottman-card-decks/id1292398843?mt=8>

Android

<http://bit.ly/2y5ntJW>