鼠 不 題										Domestic Abuse		Sexual	Airman &	Military	Military Child/Youth		Military
1+1: 3+1		Embedded		Health		School	EFMP			Victim		Assault	Family	Family Life	Behavioral	Equal	OneSource
	CC/	True North	Mental	Promotion	Chaplain	Liaison	Family	EFMP	Family	Advocate	Legal	Response	Readiness	Consultant	Consultant	Oppor-	1-(800)
MONTAGE	1st Sgt /	MH/RST	Health	/HAWC	Corps	Officer	Support	Medical	Advocacy	(701)	Office	Coordinator	Center	(701)	(701)	tunity	342-9647
YOU MATTER! 5/26/21	Supervisor	(See Back)	723-5527	723-5399	723-2456	723-1447	723-3950		723-5096		723-3026	723-7272	723-3950	500-4826	425-7905	723-2711	(or website)
Family								<u> </u>	nttp://www.	. <u>minot.af.mi</u>	1						
Change in Schools	•	•	•		•	•	•	•					•	•	•		•
Deployments	•	•	•		•		•	•			•		•	•	•		•
Divorce/Separation	•	•	•		•				•	•	•		•	•	•		•
Exceptional Family Member	•						•	•					•				
Getting Married	•				•								•	•	•		•
Loss of Family Mbr/Friend	•	•	•		•								•	•	•		•
New Parent	•	•			•			•	•				•	•	•		•
PCSing	•	•			•		•	•			•		•	•	•		•
Raising Teens	•	•			•	•			•				•	•	•		•
Relationship Challenges	•	•	•		•				•	•			•	•	•		•
Single Parent	•	•			•	•		•	•		•		•	•			•
Spouse Finding Work	•				•								•	•			•
Strengthening Marriage	•	•	•		•				•				•	•			•
Personal		•		•			<u>ht</u>	tps://www	.minot.af.m	il/Base-Unit	s/Resiliency	1/				•	
Abuse or Trauma (past)	•	•	•		•				•	•		•		•	•		•
Alcohol Misuse/Sub Abuse	•	•	•		•												•
Anger Management	•	•	•		•				•				•	•	•		•
Anxiety	•	•	•		•								•	•	•		•
Dating Violence	•	•	•		•				•	•							•
Discrimination	•	•			•									•	•	•	
Domestic Violence	•	•	•		•				•	•	•						
Health Concerns	•	•	•		•		•	•									•
Loneliness/Isolation	•	•	•		•								•	•	•		•
Low Self Esteem	•	•	•		•								•	•	•		•
Mediation	•	•	•		•									•	•	•	
Sexual Assault/Rape	•	•	•		•				•	•	•	•					•
Sexual Harassment	•				•											•	
Sleep Difficulties	•	•	•	•	•									•			•
Stress	•	•	•	•	•				•				•	•	•		•
Suicide Ideation	•	•	•		•									•			•
Tobacco Cessation	•			•													•
Weight/Nutrition Mgmt	•			•													•
Finance								<u> </u>	nttp://www.	.minot.af.mi	1						
Emergency Need	•				•								•				•
Foreclosure/Tennent Issues	•										•		•				•
Mortages/Loans	•										•		•				•
Retirement/Separation	•				•								•				•
Legal								https://wv	vw.minot.af	.mil/Base-U	nits/Legal/						
Divorce	•	•									•						•
General Legal Advice	•										•						•
Power of Attorney	•										•						•
Wills	•										•						
Notary											•						
,							I			1	l		1	<u> </u>			

Helping Agencies		Emergency Services						
ADAPT	701-723-5527	On Base - Fire/Medical/Police	701-727-1911 (no on-base ambulance)					
Airman & Family Readiness Center	701-723-3950	Off Base - Fire/Medical/Police	911					
Air Force Aid Society	701-723-3950	Command Post	701-723-3101/3102					
AF Regional Recovery Care Coordinator	701-747-6182	Local Emergency Room	701-852-2222					
American Red Cross	701-852-2828 *After Hours Emergency Travel: 1-800-733-2767	Suicide Prevention						
Area Defense Council	701-723-3405	Chaplain (Duty Hours)	701-723-2456					
Child Development Center	701-723-3750	Chaplain (Non-Duty Hours)	701-723-3101 & ask for Chaplain					
Domestic Abuse Victim Advocate	701-343-3531	*IOS/True North (if available at your location)	701-723-5527					
Education Center	701-723-2772	Mental Health Clinic	701-723-5527					
Equal Opportunity	701-723-2711	Military & Veteran Crisis Hotline	800-273-8255 press 1					
Family Advocacy	701-723-5096	Other Services/Agencies						
Family Child Care	701-723-6662	Airmen Against Drunk Driving (prev. Op Safe Ride)	701-723-7233 701-720-2254					
Health Promotion/HAWC	701-723-5399	Exceptional Family Member Program (Medical)	701-723-5547					
Inspector General Hotline	701-723-4609	Exceptional Family Member Program (Family Support)	701-723-3950					
*Integrated Operational Support (IOS) Team/True North - if assigned	ed to local unit/group (not at every location)	Medical Clinics Central Appointments	701-723-5633					
Legal Office	701-723-3026	Road Conditions	701-723-1190					
Library - Resource materials on many of these topics!	701-723-3344	Security Forces/Law Enforcement Desk	701-723-3096					
Minot AFB Homes (BBC)	701-727-0007							
Military Family Life Consultant (Adult)	701-500-4826							
Military Family Life Consultant (Child)	701-425-7905	Victim Advocate Hotline	701-343-3531					
Military Housing Office (MHO)	701-723-4660, press 1	Resident Advocate	701-723-7414 701-818-7075					
Military One Source	800-342-9647	TASK FORCE TRUE NORTH MENTAL HEALTH TECHNICIAN						
School Liaison Officer	701-723-1447	91 MXG 701-723-4	522					
Sexual Assault Hotline	701-340-8882	5 MXG 701-723-3	916					
Sexual Assault Response Coordinator	701-723-7272	91 SFG 701-723-2	229					
Visitors Center/Pass Office (Main Gate)	701-723-2600	5 MSG 701-723-7	207					
Welcome Center	701-723-3789							
Youth Center	701-723-2838	Airman's Attic: Every M&W:1000-1400/1st Thu:1700-1900/3	rd Sat: 1000-1400/after hrs call Shirt					