

# 374th AIRLIFT WING HELPING AGENCY MATRIX



● Family	Supervisor	1st Sergeant	Air Force Aid Society	Mental Health	Health Promotion	Chaplain	Family	Domestic Abuse	Legal Advocacy	Legal Office	Sexual Assault Victim Advocate	Sexual Assault Response Coordinator	Airman & Family Readiness Center	Military Family Life Consultant	Red Cross	Special Victim's Council	Military OneSource	Equal Opportunity	Unit Key Spouse	Commander
Change in Schools	●	●																		
Deployment Anxiety	●	●																		
Divorce/Separation	●	●																		
Getting Married	●	●																		
Loss of Family Member/Friend	●	●																		
New Parent	●	●	●																	
PCSing	●	●	●																	
Raising Teens	●	●																		
Relationship Challenges	●	●																		
Single Parent	●	●																		
Spouse Finding Work	●	●																		
Strengthening Marriage	●	●																		
● Personal																				
Abuse or Trauma (past)	●	●																		
*Alcohol Misuse/Drug Abuse	●	●																		
Anger Management	●	●																		
Anxiety	●	●																		
Dating Violence	●	●																		
Discrimination	●	●																		
Domestic Violence	●	●																		
Health Concerns	●	●																		
Loneliness/Isolation	●	●																		
Low Self Esteem	●	●																		
Mediation	●	●																		
Sexual Assault/Rape	●	●																		
Sleep Difficulties	●	●																		
Sexual Harassment	●	●																		
Stress	●	●																		
**Suicide Ideation/Prevention	●	●																		
Weight/Nutrition Management	●	●																		
Tobacco Cessation	●	●																		
Fitness/Exercise Consultation	●	●																		
● Finance																				
Emergency Need	●	●	●																	
Foreclosure	●	●																		
Mortgages/Loans	●	●																		
Retirement/Separation Anxiety	●	●																		
Food Expenses	●	●	●																	
● Legal																				
Divorce	●	●																		
Power of Attorney	●	●																		
Wills	●	●																		



● Emergency Services		
Service	Phone	Bldg #
Emergency Security Forces	911	
Fire	Japanese Cell 0425076560	
Ambulance	Cell Phone 0425522510 ex.911	
** Suicide Prevention Hotline	24HR 94-800-273-TALK (8255) Direct Dial DSN:118	
Urgent Care	225-7740	4408
Crime Stop	225-7227	555
Command Post	225-3740	
225-RIDE	225-7433 Cell Phone 0425076555	
Yokota Operator	225-1110 Cell Phone 0425522510 + Last5	345
Red Cross	225-7522 24HR 877-272-7337	535
24HR Emergency Message Website	www.redcross.org/herocarenetwork	
Military OneSource	24HR 94-800-342-9647 militaryonesource.com	

● Helping Agencies/Services		
Service	Phone	Bldg #
Sexual Assault Response Coordinator (SARC)	225-7277 24HR 225-7272 Japanese Cell 0120-911195	920 Rm118
Mental Health	225-3566	1585
*Alcohol/Drug Abuse Prevention (ADAP)	24HR 080-6716-6762	Rm UE24
Community Support Coordinator (CSC)	225-5512	314 Rm 234
Green Dot/Violence Prevention (SPPV)	225-8499	314 Rm 234
Family Advocacy	225-3649	1585
Domestic Abuse Victim Advocate (DAVA)	24HR 080-6716-6762	Rm UE24
Health Promotion	225-8322	665 2ndFloor
Chaplain	225-7009 24HR 225-3740	345
Woman Infant & Children (WIC)	225-9426	
Legal	225-8069	315 Rm 124
Airman Family Readiness Center (AFRC)	225-8725	535
Military Family Life Consultant (MFLC)	090-6481-6305 080-3603-5808	
USO	225-6947	2080

Chaplains provide confidential counseling to all service members and dependents, regardless of faith.  
 ▲ Military Family Life Consultant provide partial confidentiality for all service members and dependents.