

374th AIRLIFT WING HELPING AGENCY MATRIX



Supervisor
1st Sergeant
Air Force Aid Society
225-8725
Mental Health
225-3566
Health Promotion
225-8322
Chaplain
225-7009
Family Advocacy
225-3644
Domestic Abuse Victim Advocate
225-8348
Legal Office
225-8069
Sexual Assault Victim Advocate
225-7277
Airman Family Response Coordinator
225-8725
Military Family Readiness
225-8775
Red Cross
225-7522
Special Victim's Consultant
225-8880
Military Victim's Council
225-8880
Equal Opportunity
225-7008
Unit Key Spouse
Commander

| ● Family | Supervisor | 1st Sergeant | Air Force Aid Society | Mental Health | Health Promotion | Chaplain | Family Advocacy | Domestic Abuse Victim Advocate | Legal Office | Sexual Assault Victim Advocate | Airman Family Response Coordinator | Military Family Readiness | Red Cross | Special Victim's Consultant | Military Victim's Council | 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 (8225) 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 | 345 |
| | Cell Phone 0425522510 + Last5 | |
| Military OneSource | 24HR 94-800-342-9647 militaryonesource.com | |
| Red Cross | 225-7522 | |
| | 24HR 877-272-7337 | |
| 24HR Emergency Message Website | www.redcross.org/herocarenetwork | |

| ● Helping Agencies/Services | | |
|--|--|-----------------|
| Service | Phone | Bldg # |
| Sexual Assault Response Coordinator (SARC) | 225-7277 24HR 225-7272 | 920 Rm118 |
| Mental Health | 225-3566 24HR 080-6716-6762 | 1585 Rm UE24 |
| *Alcohol/Drug Abuse Prevention | 225-3566 24HR 080-6716-6762 | 1585 Rm UE24 |
| Family Advocacy | 225-3644 | 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) | 225-8725 080-3603-5808 090-6481-6305 | 535 |

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.