

374th AIRLIFT WING HELPING AGENCY MATRIX



Supervisor
1st Sergeant
Ali Force Aids Society
225-8725
Mental Health
225-3566
Health Promotion
225-8322
Chaplain
225-7009
Family Advocacy
225-3649
Domestic Abuse Victim Advocate
225-8648
Legal Office
225-8069
Sexual Assault Victim Advocate
225-7277
Armenian & Family Readiness Coordinator
225-8725
Military Family Life Consultant
090-6481-6305
Red Cross
225-7522
Special Victim's Life Consultant
225-8880
Military Victim's Council
225-8880
Equal Opportunity
225-7008
Unit Key Spouse
Commander

● Family	Supervisor	1st Sergeant	Ali Force Aids Society	Mental Health	Health Promotion	Chaplain	Family Advocacy	Domestic Abuse Victim Advocate	Legal Office	Sexual Assault Victim Advocate	Armenian & Family Readiness Coordinator	Military Family Life Consultant	Red Cross	Special Victim's Life 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	
** Military Crisis Life Line	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 090-3138-7250	920 Rm118
Mental Health	225-3566	1585
*Alcohol/Drug Abuse Prevention (ADAP)	080-6716-6762	Rm UE24
Community Support Coordinator (CSC)	225-5512	314 Rm 234
Violence Prevention /Green Dot (SPPV)	225-8499	314 Rm 234
Family Advocacy	225-3649	1585
Domestic Abuse Victim Advocate (DAVA)	24HR 070-1425-0987	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	327 Yujo
Employee Assistance Program (EAP)	1-800-222-0364	

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.