

374th AIRLIFT WING HELPING AGENCY MATRIX



Supervisor
1st Sergeant
Alt Force
225-8725
Mental Health
225-8366
Health Promotion
225-8322
Chaplain
225-7009
Family Advocate
225-3649
Domestic Abuse Victim Advocate
225-8348
Legal Office
225-8069
Sexual Assault Victim Advocate
225-7217
Armen & Family Readiness Coordinator
225-8725
Military Family Life Consultant
080-6481-6305
Rec Ctrcs
225-7672
Special Victim's Council
225-8880
Equal Opportunity
225-1008
Unit Key Spouse
Commander

● Family	Supervisor	1st Sergeant	Alt Force	Mental Health	Health Promotion	Chaplain	Family Advocate	Domestic Abuse Victim Advocate	Legal Office	Sexual Assault Victim Advocate	Armen & Family Readiness Coordinator	Military Family Life Consultant	Rec Ctrcs	Special 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	●	●	●														
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) ext. 1 Direct Dial DSN: 988 ext. 1	
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	
Red Cross	225-7522	535
24HR Emergency Message Website	877-272-7337 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 225-7272 24HR Japanese Cell 090-3138-7250	Bldg 1299 West
Mental Health	225-3566	1585
*Alcohol/Drug Abuse Prevention (ADAP)		Rm UE24
Community Support Coordinator (CSC)	225-5505	314 Rm 234
Violence Prevention Integrator (VPI)	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
Women Infant & Children (WIC)	225-9426	
Legal	225-8069	315 Rm 124
Airman Family Readiness Center (AFRC)	225-8725	535
Military Family Life Consultant (MFLC)	080-7944-1010 080-4128-8641	080-9175-2959
USO	225-6947	327 Yujo
Employee Assistance Program (EAP)	1-800-222-0364	

Chaplains provide 100% confidential counseling and referral assistance to all about Yokota AB community members regardless faith.
 ▲ Military Family Life Consultants provide partial confidential counseling and referral assistance to all service members and their dependents **MFLCS must report ideation of violence toward self or others.