

# YOKOTA AIR BASE

## 374TH AIRLIFT WING HELPING AGENCIES



Emergency- 911 | Japanese Cell-042-507-6560 | US Cell: 042-552-2510  
Ext.911 Military Suicide Crisis Line: 988  
Urgent Care: 225-7740  
Command Post 225-3740  
National Domestic Violence Hotline 800-799-7233  
SAFE-RIDE- 225 RIDE (7433)

### HELPING AIRMEN IN DISTRESS

- **ADAPT** - 225-8864
- **Behavioral Health** 225-3566
- **Chaplain** 225-7009  
**After Hours:** 090- 2528-9597
- **Equal Opportunity:** 225-7008
- **Family Advocacy** 225-3649
- **Health Promotions:** 225-8322
- **Inspector General Complaints:**  
225-7522
- **Legal Office:** 225-8060
- **Mental Health:** 225-3566
- **Military & Family Readiness Center:**  
225-8725
- **SAPR Hotline:** 225-7272 OR  
90-3138-7250
- **True North PM:** 225-3431
- **Violence Prevention Integrator:**  
225-8449
- **Yokota Red Cross:** 225-7522

### FAMILY & FRIENDS SUPPORT

- **Behavioral Health** 225-3566
- **International Marriage Seminar:**  
225-5505
- **Chaplain** 225-7009  
**After Hours** 090-2528-9597
- **CYP-**225-7441
- **Community Support Coordinator:**  
**225-5505**
- **Air Force Civilian Employee  
Assistance Program**  
1-866-580-9078
- **Family Advocacy:** 225-3649
- **Legal:** 225-8069  
**Mental Health:** 226-3566
- **MFLC:** 080-4367-6844 OR  
80-3574-4023
- **Military & Family Readiness Center:**  
225-8725
- **Military One Source:**  
94-800-342-9647
- **School Liaison PM:** 225-7917
- **True North PM:** 225-3431
- **USO:** 225-6947
- **Women Infant & Children:** 225-9426
- **YCAP:** 225-7227

### FINANCIAL

- **Air Force Aid Society**  
225-8725
- **Air Force Civilian Employee  
Assistance Program**  
1-866-580-9078
- **Military & Family Readiness  
Center:** 225-8725
- **Military One Source:**  
94-800-342-9647

### ADDITIONAL SUPPORT

- Your Commander, 1st Sergeant, Supervisor, and Unit Key Spouses are also great sources of support and information.
- Chaplains provide **100% confidential** counseling and referral assistance to all community members regardless of faith preference.
- Military Family Life Consultants provide **partial confidential** counseling and referrals.  
**Note:** \*\*\*MFLCs must report IDEATION of violence towards self or others.\*\*\*

**YOKOTA OPERATOR:** 011+81+042-552-2510 **FROM CELL:** 042-552-2510 + LAST 5 DIGITS