

# 374th AIRLIFT WING HELPING AGENCY MATRIX



● Family	Supervisor	1st Sergeant	Air Force Aids Society	Mental Health	Health Promotion	Chaplain	Family Advocate	Domestic Abuse Victim Advocate	Legal Office	Sexual Assault Victim Advocate	Sexual Assault Response Coordinator	Airman & Family Readiness Center	Military Family Life Consultant	Rec Cross	Special Victims Center	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	●	●	●	●		●						●			●		●	●	●
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	
<b>** Military Crisis Life Line</b>	<b>24HR 94-800-273-TALK (8255)</b>	
	<b>Direct Dial DSN:118</b>	
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 877-272-7337	
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	920
	24HR 225-7272	Rm118
	Japanese Cell 090-3138-7250	
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)	090-6481-6305	
	080-3603-5808	
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.