

## Miscellaneous Resources

**Military OneSource** services are available 24 hours a day, 365 days a year. Visit the Web site at <http://www.militaryonesource.com> or call one of the following phone numbers:

**Overseas:** \*OCONUS Universal Free  
**Phone:** 00-800-3429-6477  
**Collect from Overseas:** 484-530-5908  
**Stateside:** 1-800-342-9647  
**En español llame al:** 1-877-888-0727

**Battlemind Training** is done by populations. The two proponents providing Battlemind Training are the Chaplain's Office and ACS. Chaplains conduct Battlemind training for active duty personnel. The Deployment Mobilization Managers at ACS conduct Battlemind training for Family members. To arrange training for active duty personnel, please call **370-6191**. For Family members, call your local ACS Deployment Mobilization Manager.

**Family Life Chaplain**  
**DSN:** 469-8719/1570  
**CIV:** 0951-300-8719/1570

**Europe-wide Sexual Assault Hotline**  
0-0800-0-ASSAULT  
(0-0800-0277-2858)

## Helpful Links

**Military OneSource**  
<https://www.militaryonesource.com>

**HQ USAREUR**  
<http://www.hqusareur.army.mil>

**Army Behavioral Health**  
<http://www.behavioralhealth.army.mil>

**Center for Health Prevention & Promotion**  
<http://chppm-www.apgea.army.mil/>

**Army Medicine**  
<http://www.armymedicine.army.mil>

**Army Families Online**  
<http://www.armyfamiliesonline.org/skins/WBLO/home.aspx>

**Hooah 4 Health**  
<http://www.hooah4health.com/>

**Army Substance Abuse Programs**  
<http://www.bw.eur.army.mil/> (Click "Directorate of Human Resources" then click "ASAP")

**Army Suicide Prevention**  
<http://www.armyg1.army.mil/hr/suicide/default.asp>

**Army Well-Being**  
<http://www.armyfamiliesonline.org/skins/WBLO/home.aspx>

**Courage to Care Program**  
<http://www.usuhs.mil/psy/courage.html>

**Army Medicine**  
<http://www.armymedicine.army.mil>

**Mental Health Advisory Team**  
<http://www.armymedicine.army.mil/news/mhat/mhat.html>

**Battlemind**  
<http://www.battlemind.army.mil>

**My Army Life Too**  
<http://www.myarmylifetoo.com>



Bamberg Health Clinic

## Bamberg Region Support Services



## Bamberg Health Clinic

CMR 459  
APO AE 09139

DSN 469-1750  
CIV 0951-300-1750



Europe Regional Medical Command  
<http://ermc.amedd.army.mil>

# Resources for Treatment

## Bamberg Community Support Services

### Bamberg Community

#### Community Mental Health

DSN: 469-8795

Civilian: 0951-300-8795

Located in Building 7253 on Warner Barracks. Provides services and/or training for active duty Soldiers, Family members, civilians and retirees in these areas: alcohol related issues, anger management, PTSD, traumatic brain injury (TBI), blended Families, child abuse and neglect, child rearing, special needs children, couples counseling, crisis intervention, depression, domestic violence, drug-related issues, EFMP, gambling, grief counseling, marital counseling, marital difficulties, men's issues, parenting skills, self esteem, single parenting, stress management, suicide prevention, teen issues, mental health consultation services and women's issues. Please call for detailed information on all of these services.

#### Social Work Service

DSN: 469-7793

Civilian: 0951-300-7793

Located in Building 7253 on Warner Barracks. Provides assessment, treatment and training services in the following areas: crisis intervention, combat stress, PTSD, psychosocial aspects of TBI, child abuse and neglect, domestic maltreatment, parenting (including blended and single parent families), depression, anxiety, grief counseling, marital/couples issues, teen issues, men's and women's issues, anger and stress management, special needs Families, sexual assault and all aspects of the challenges associated with the deployment cycle. Psychiatrists provide medication evaluation and man-

agement. Services are available to active duty Soldiers, Family members, civilians and retirees. We offer individual, group, couples and Family therapy as well as counseling workshops on various life cycle topics.

### Adolescent Substance Abuse Counseling Services

DSN: 469-7630/8874

Civilian: 0951-300-7630 / 8874

Located at the Bamberg High School. Provides services addressing alcohol-related issues, anger management, prevention training, assertiveness training, blended Families, conflict resolution, depression, drug-related issues, grief counseling, parenting skills, self care, self esteem, single parenting, stress management, suicide prevention, teen issues, tobacco cessation (adult/teen). Please call for detailed information on ASACS services.

### Army Community Service and Family Advocacy Program

DSN: 469-7777

Civilian: 0951-300- 7777

Located in Building 7029. Provides services and/or training in these areas: anger management, assertiveness training, blended Families, breast feeding, child abuse and neglect, child rearing, special needs children, conflict resolution, crisis intervention, deployment readiness, EFMP, Family issues support services, financial counseling, domestic violence, marital difficulties, men's and women's issues, new parenthood, newcomer's orientation, nutrition education, oral and dental health, parenting skills, pregnancy, sexual assault, stress management, teen issues, time management and worksite violence.

### Army Substance Abuse Program

DSN: 469-1710/8779

Civilian: 0951-300-1710/8779

ASAP is located in Building 7251. ASAP provides services and/or training in these areas: alcohol and drug-related issues, Alcoholics Anonymous and Narcotics Anonymous meetings, alcohol and drug abuse prevention training, DUI/DWI, drug apprehension and alcohol abuse courses, Employee Assistance Program screening and enrollment, referral and counseling for civilian personnel, Unit Prevention Leader and Unit Awareness Prevention training. For detailed information on all services, please call ASAP directly.

### Military Family Life Consultants

Civilian: 0175-600-8373 or 0175-253-3020  
or contact your local ACS office.

Located in Building 7029. Provides brief solution-focused problem-solving support in conjunction with existing programs. Also provides education and support for a range of issues including: relationships, crisis intervention, stress management, grief, occupational and other individual and Family issues.

- Flexible times
- Flexible meeting locations
- No Records Kept
- \*Confidential

*\*Except in cases of threat to self, others, and any reportable abuse issues.*