

ADJUSTING TO CHANGES

- **Holistic Health and Fitness (H2F) (A)**

7TBX Only - Make an appointment: Visit TMC 2 for a referral or visit 870

Victory Blvd <https://h2f.army.mil/>

Holistic Health and Fitness empowers and equips Soldiers to take charge of their health, fitness, and well-being in order to optimize individual performance, while preventing injury and disease.

- **Unit Ministry Team (UMT) (A, AF, N, M, CG, FM)**

You can get this information from your supervisor, BN Staff Duty Desk, or by calling the Family Life Chaplain at (757) 878-2202. Unit Ministry teams are embedded in most units & provide confidential counseling and spiritual guidance.

- **CG SUPRT (CG, FM)**

(855) 247-8778

Provides 24/7 assistance and consultation for non-medical counseling, health coaching, personal financial wellness, legal services, and education and career counseling.

- **Military & Family Life Counseling (MFLC) (A, AF, N, M, CG, FM)**

7th Transportation Brigade and 11th Transportation Battalion (757) 570-3540 1-110th Aviation, 1-210th Aviation, 2-210th Aviation 128th Aviation (314) 913-8814

Adults at Ft. Eustis (757) 755-5509 ; (757) 755-5512

- **Military & Family Life Counseling Near Me | Military OneSource**

The Military and Family Life Counseling (MFLC) Program provides confidential non-medical counseling to the Military community. These short-term, solution focused sessions can assist with issues such as managing stress, parenting, difficulty adjusting to new changes or life events, and improving home or work relationships.

- **Employee Assistance Program (EAP) (CIV, FM)**

(866) 580-9078

The Employee Assistance Program (EAP) is a free, confidential, referral and counseling/consultation service that is available to DA Civilians, Family & Retirees. The goal of EAP is to help individuals over the age of 18 deal with personal problems which may be affecting performance, productivity or relationships in the workplace and beyond.

- **F*O*C*U*S Families Overcoming Under Stress (A, AF, N, M, CG, FM)**

(703) 784-0189

TeleFOCUS@focusproject.org

<https://focusproject.org/telefocus>

FOCUS Program has provided state of the art family resilience services to military families, children and couples. FOCUS is a multi-session resilience training program for active-duty military families and couples. Sessions are organized around the development of a family timeline which is used to help families manage feelings, improve communication, and learn problem solving and goal setting skills.

- **Military & Family Life Chaplain (A, AF, N, M, CG, FM, CIV)**

923 Lee Boulevard, Fort Eustis, VA 23604

0900-1700 M-F | Closed Saturday | 0830-1300 Sunday

Duty Hours: (757) 878-2202

Off Duty Hours / Emergency: (757) 897-2730

The Military and Family Life Chaplains Program provides 100% confidential non-medical counseling to the Military community. These short-term, solution focused sessions can assist with developing healthy relationships and the ability to thrive under the pressures of military life.

- **Military One Source (A, AF, N, FM, M, CG, CIV)**

1 800 342-9647

Military One Source is your free 24/7 gateway to information, answers and support. As a Department of Defense funded program, we put expert confidential help to work for service members, immediate family and survivors who need a little extra guidance for all things MilLife. Just ask.

- **Mental Health Clinics (A, N, M, CG)**

Ft. Eustis Embedded Behavioral Health Clinic

502 Sternberg Road (757) 314-7557

Offers comprehensive behavioral health services to all TRICARE eligible beneficiaries. These can be engaged through your primary care manager, or for Service Members, through the on-post mental health clinics.