

# ADJUSTING TO CHANGES

## **Holistic Health and Fitness (H2F)**

Audience: A

Visit TMC 2 or 870 Victory Blvd | <https://h2f.army.mil/>

## **Unit Ministry Team (UMT)**

Audience: A, AF, N, M, CG, FM

(757) 878-2202

## **CG SUPRT**

Audience: CG, FM

(855) 247-8778

## **Military & Family Life Counseling (MFLC)**

Audience: A, AF, N, M, CG, FM

(757) 570-3540 | Ft. Eustis

## **Employee Assistance Program (EAP)**

Audience: CIV, FM

(866) 580-9078

## **FOCUS**

Audience: A, AF, N, M, CG, FM

(703) 784-0189 | [TeleFOCUS@focusproject.org](mailto:TeleFOCUS@focusproject.org)

## **Military & Family Life Chaplain**

Audience: A, AF, N, M, CG, FM, CIV

923 Lee Blvd | (757) 878-2202 / (757) 897-2730

## **Military One Source**

Audience: A, AF, N, M, CG, FM, CIV

1-800-342-9647

## **Behavioral Health Clinic**

Audience: A, N, M, CG

502 Sternberg Rd | (757) 314-7557

## **AUDIENCES**

-  **Army**
-  **Air Force**
-  **Navy**
-  **Marine Corps**
-  **Coast Guard**
-  **Family Members**
-  **Civilians**