

PERFORMANCE

- **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.
- **Armed Forces Wellness Center (A, AF, N, M, CG FM, CIV)**
500 Sternberg Avenue Fort Eustis, VA 23604 (757) 314-7724
The Armed Forces Wellness Center helps service members, retirees, their families, and civilian employees build and sustain good health. It empowers them to set their own health goals and achieve them, and address lifestyle change in areas that affect both short- and long-term health.
- **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.
- **Mental Health Clinic (A, N, M, CG) Ft. Eustis Embedded Mental 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 behavioral health clinics.