

- **Holistic Health and Fitness - 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

(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.

- **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, M, CG FM, 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.

- **Primary Care (A) TMC 2 (Resolute Clinic)**

576 Jefferson Avenue Fort Eustis 757-314-7654 or call HRAC to schedule an appointment at

866-645-4584 Offers medical behavioral health care services to Active-Duty Service Members through TMC 2 with an embedded psychologist.

- **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.