

SLEEP

Holistic Health and Fitness (H2F)

Audience: A

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

Armed Forces Wellness Center

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

500 Sternberg Ave | (757) 314-7724

Employee Assistance Program (EAP)

Audience: CIV, FM

(866) 580-9078

Military & Family Life Chaplain

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

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

Military One Source

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

1-800-342-9647

Primary Care (TMC 2 Resolute Clinic)

Audience: A








815 Gaffy Place | (757) 314-7654 | HRAC: 866-645-4584

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**