

SMOKING CESSATION

- **Armed Forces Wellness Center(A, AF, N, M, CG, FM, CIV)** – Tobacco Education 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.
- **Tricare Tobacco Cessation Services (A, AF, N, M, CG, FM, CIV)**
1 (844) 426-3733
Free nicotine replacements delivered to your home!
www.tricare.mil/tobaccocessation
- **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.
- **Primary Care (A)**
TMC 2 (Resolute Clinic)
576 Jefferson Ave Fort Eustis, VA 23604 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, AF, 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.