

- **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  
(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.
- **Unit Ministry Team (UMT) (A, AF, N, M, CG FM)**  
You can get this information from your supervisor, BN Staff Duty Desk, or by calling the Family Life Chaplain at (757) 878-2202. Unit Ministry teams are embedded in your unit & provide confidential counseling and spiritual guidance.
- **CG SUPRT (CG, FM)**  
(855) 247-8778  
Provides 24/7 assistance and consultation for non-medical counseling, health coaching, personal financial wellness, legal services, and education and career counseling.
- **Military & Family Life Counseling (MFLC) (A, AF, N, M, CG, FM)**  
7<sup>th</sup> Transportation Brigade and 11<sup>th</sup> Transportation Battalion (757) 570-3540  
1-110<sup>th</sup> Aviation, 1-210<sup>th</sup> Aviation, 2-210<sup>th</sup> Aviation 128<sup>th</sup> Aviation (314) 913-8814  
Adults at Fort Eustis (757) 755-5509 ; (757) 755-5512  
Military & Family Life Counseling Near Me | Military OneSource  
The Military and Family Life Counseling (MFLC) Program provides confidential non-medical counseling to the Military community. These short-term, solution focused sessions can assist with issues such as managing stress, parenting, difficulty adjusting to new changes or life events, and improving home or work relationships.
- **Employee Assistance Program (EAP) (CIV, FM)**  
(757) 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.
- **F\*O\*C\*U\*S (Families Overcoming Under Stress) (A, AF, N, M, CG, FM)**  
(757) 784-0189  
TeleFOCUS@focusproject.org  
<https://focusproject.org/telefocus>
- FOCUS Program has provided state of the art family resilience services to military families, children and couples. FOCUS is a multi-session resilience training program for active-duty military families and couples. Sessions are organized around the development of a family timeline which is used to help families manage feelings, improve communication, and learn problem solving and goal setting skills.

- **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, 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.

- **Mental Health Clinic (A, N, M, CG)**

Ft. Eustis Embedded Behavioral Health Clinic

502 Sternberg Road 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.