

# STRESS

## 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

## Unit Ministry Team (UMT)

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

(757) 878-2202

## CG SUPRT

Audience: CG, FM

(855) 247-8778

## Military & Family Life Counseling (MFLC)

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

Ft. Eustis | (757) 570-3540, (757) 755-5509

## Employee Assistance Program (EAP)

Audience: CIV, FM

(866) 580-9078

## FOCUS (Families Overcoming Under Stress)

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

(703) 784-0189 | [TeleFOCUS@focusproject.org](mailto:TeleFOCUS@focusproject.org) | <https://focusproject.org/telefocus>

## 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, FM, CIV

1-800-342-9647 | <https://www.militaryonesource.mil>

## 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