

SUBSTANCE USE

- **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.

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

Ft. Eustis Embedded Mental Health Clinic 502 Sternberg Road Fort Eustis, VA 23604 (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.

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- **F*O*C*U*S Families Overcoming Under Stress (A, AF, N, FM)**

<https://focusproject.org>

(703) 784-0189

TeleFOCUS@focusproject.org

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 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.

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