

Tinker AFB Quick Guide																							
Legend		♦ Military (Active Duty & Title 10)				♦ DAF Civilians		♦ Mil & DAF		♦ ALL Federal Civilians		♦ Mil & Dependent		♦ ALL Community Members (DoD ID Holders)				♦ DoD ID w/Special Needs					
Pillar	Presenting Problem	ADAPT 734-6604	Chapel 734-2111	Child/Youth 734-7866	CHPS 582-5587	DAVA* 734-7313	EAP 866-580-9078	EEO/MEO 739-7889	EFMP 739-2747	FAP 582-6604	Health Prom. 736-2169	Base Legal 739-5811	Mental Health 582-6603	MFRC 739-2747	MFLC 739-2747	Primary Care 734-2778	School Liaison 734-3683	SAPR 734-9293	211*	988*			
Mental	Anxiety		♦				♦				♦		♦		♦								
	Depression		♦				♦						♦		♦								
	Substance Use	♦	♦				♦						♦										
	Grief		♦				♦						♦										
	Burnout		♦				♦						♦										
	Well-Being Counseling		♦				♦		♦				♦	♦	♦				♦				
Physical	Sleep		♦		♦		♦		♦		♦					♦							
	Illness				♦		♦				♦					♦							
	Nutrition				♦		♦				♦					♦							
	Physical Fitness				♦		♦				♦					♦							
Financial	Financial Education		♦				♦							♦									
	Debt		♦				♦							♦					♦				
	Budgeting		♦				♦							♦									
Family Services	Special needs						♦		♦										♦				
	Child Development			♦			♦			♦							♦		♦				
	Childcare			♦			♦												♦				
	Education / Schools																♦						
	Family Counseling		♦				♦							♦					♦				
Parenting		♦					♦			♦					♦		♦						
Relationship	Conflict		♦				♦								♦								
	Divorce/Separation		♦				♦								♦								
	Relationship Counseling		♦				♦							♦					♦				
	Communication		♦				♦							♦	♦								
Legal	Legal Advice											♦							♦				
	Documentation											♦											
	Notary											♦											
	Eviction											♦											
Workplace Conflict	Harassment		♦			♦		♦		♦								♦					
	Discrimination		♦					♦															
	Mediation		♦				♦	♦					♦										
	Workplace Counseling		♦					♦															
	Workplace Hostility		♦					♦															
Basic Needs	Housing						♦							♦					♦				
	Jobs						♦							♦					♦				
	Education						♦		♦					♦					♦				
	Food						♦							♦					♦				
Crisis	Distress		♦				♦		♦				♦		♦					♦			
	Suicidality		♦				♦						♦							♦			
	Crisis Counseling		♦										♦							♦			
	Domestic Violence		♦			♦	♦			♦										♦			
	Sexual Assault		♦				♦	♦					♦					♦			♦		
Key Information:		Okalahoma City Area code is 405				*Community Resilience Program (OC-ALC): Please contact 405-734-6082										*211		*CHPS		*EAP		*TriCare West	
Crisis/Emergency:		*Command Post (On-Call Chaplain, Mental Health, DAVA, etc.): 405-734-7313								*988		*Veteran Crisis Line		*DoD Safe Helpline									