

We Are Here For You!

Contact Us

AFRC.PHAP@us.af.mil

Air Force Reserve

Psychological Health
Advocacy Program

Family | Work | Finances | Military

**PHAP 24 HR CALL CENTER:
1- 888-810-2400**

We all experience life stressors from time to time ...

PHAP will assist members and families who are dealing with issues that may require services or intervention.

PHAP will locate appropriate resources to assist in resolving issues.

PHAP team members will follow each Reservist through the resolution of the member's case.

Referrals can be made by anyone, such as the Reservist, Unit Commanders, family members or fellow Airmen.

PHAP maintains a 24/7 on-call service to respond to inquiries and referrals.

PHAP offers outreach or "morale" calls to requesting Reservists and families during all the stages of deployment: pre-deployment, during and post deployment.



<http://afrc.phap.net>

South Region

Phone: (678) 655-2464

DSN: 625-2464

North Region

Phone: (937) 257-2396

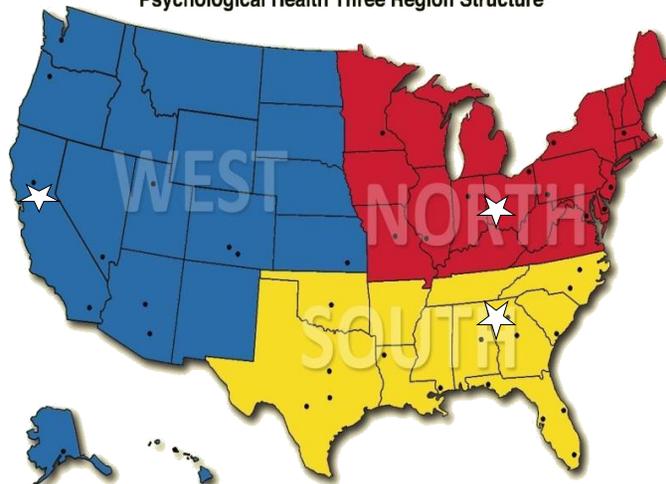
DSN: 787-2396

West Region

Phone: (707) 424-2704

DSN: 837-2704

Psychological Health Three Region Structure



You and Your Family Are Not Alone





-PHAP- The Bridge to Appropriate Care

- * Family Counseling
- * Children & Teen Concerns
- * Marriage Retreats
- * Alcohol & Substance Abuse Awareness
- * Suicide Prevention
- * Mental Health Problems
- * Post-Traumatic Stress Disorder
- * Anger Management
- * Domestic Violence Awareness & Prevention

PHAP services are **free, confidential and available to each AFRC reservist and their family.**



We're Here For Your Family While You're Away

Deployments are difficult on the entire family.

PHAP will be the caring call to family members while you're deployed, just to say "how are you and your family doing this week?"

Whatever happens while you're away - PHAP will be there to help.



Our goal...

is to maximize the support for you and your family at a most sensitive time in your life, while showing you the respect and dignity you deserve.

We offer support and solution-focused resources in order to improve outcomes and positively influence your total health and well-being.

For questions or concerns contact:

HQ AFRC Program Chief
Allyson Dossman, Capt USAFR
allyson.dossman@us.af.mil
Phone: (478) 327-0342
DSN: 497-0342

**National Suicide Prevention Lifeline:
1-800-273-8255**

Personally Helping Airmen Positively