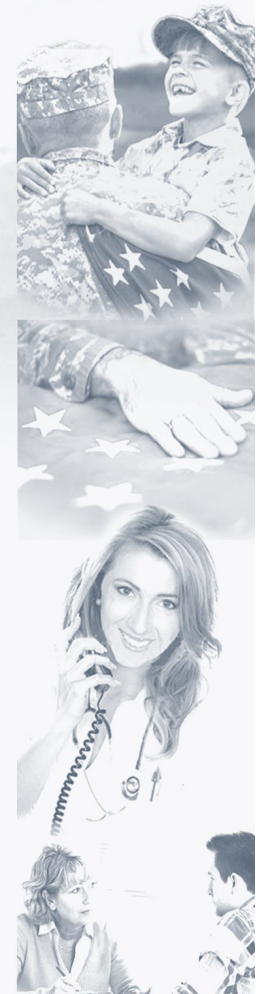


# MISAWA AB HELPING AGENCY MATRIX

Military OneSource  
Chaplain  
Military Family Life Consultant  
Mental Health  
Family Advocacy  
Airman & Family Readiness  
Legal Office  
Red Cross  
Domestic Abuse Victim Advocate  
Equal Opportunity  
Health Promotion  
SARC  
Supervisor  
First Sergeant / SEL  
Commander

● FAMILY													
Change in Schools	●	●	●	●	●	●	●	●	●	●	●	●	●
Deployments	●	●	●	●	●	●	●	●	●	●	●	●	●
Divorce/Separation/ERD	●	●	●	●	●	●	●	●	●	●	●	●	●
Getting Married	●	●	●	●	●	●	●	●	●	●	●	●	●
Loss of Family/Friend	●	●	●	●	●	●	●	●	●	●	●	●	●
New Parent	●	●	●	●	●	●	●	●	●	●	●	●	●
PCSing	●	●	●	●	●	●	●	●	●	●	●	●	●
Raising Children	●	●	●	●	●	●	●	●	●	●	●	●	●
Relationship Challenges	●	●	●	●	●	●	●	●	●	●	●	●	●
Single Parent	●	●	●	●	●	●	●	●	●	●	●	●	●
Spouse Finding Work	●	●	●	●	●	●	●	●	●	●	●	●	●
Strengthening Marriage	●	●	●	●	●	●	●	●	●	●	●	●	●
● PERSONAL													
Abuse/Trauma (past)	●	●	●	●	●	●	●	●	●	●	●	●	●
Alcohol/Substance Abuse	●	●	●	●	●	●	●	●	●	●	●	●	●
Anger Management	●	●	●	●	●	●	●	●	●	●	●	●	●
Anxiety	●	●	●	●	●	●	●	●	●	●	●	●	●
Dating Violence	●	●	●	●	●	●	●	●	●	●	●	●	●
Discrimination	●	●	●	●	●	●	●	●	●	●	●	●	●
Domestic Violence	●	●	●	●	●	●	●	●	●	●	●	●	●
Health Concerns	●	●	●	●	●	●	●	●	●	●	●	●	●
Loneliness/Isolation	●	●	●	●	●	●	●	●	●	●	●	●	●
Low Self Esteem	●	●	●	●	●	●	●	●	●	●	●	●	●
Mediation	●	●	●	●	●	●	●	●	●	●	●	●	●
Sexual Assault/Rape	×	●	●	●	●	×	×	●	●	●	×	×	×
Sexual Harassment	●	●	●	●	●	●	●	●	●	●	●	●	●
Sleep Difficulties	●	●	●	●	●	●	●	●	●	●	●	●	●
Stress	●	●	●	●	●	●	●	●	●	●	●	●	●
Suicide Ideation/Prevention	●	●	●	●	●	●	●	●	●	●	●	●	●
Weight/Nutrition	●	●	●	●	●	●	●	●	●	●	●	●	●
● FINANCE													
Emergency Need	●	●	●	●	●	●	●	●	●	●	●	●	●
Foreclosure	●	●	●	●	●	●	●	●	●	●	●	●	●
Mortgages/Loans	●	●	●	●	●	●	●	●	●	●	●	●	●
Retirement/Separation	●	●	●	●	●	●	●	●	●	●	●	●	●
● LEGAL													
Divorce	●	●	●	●	●	●	●	●	●	●	●	●	●
Power of Attorney	●	●	●	●	●	●	●	●	●	●	●	●	●
Wills	●	●	●	●	●	●	●	●	●	●	●	●	●



● EMERGENCY SERVICES		
SERVICE	PHONE	BLDG
<b>**EMERGENCY**</b>	911	
Security Forces	911	
Fire	Cell Phone 0176-53-1911	
Ambulance		
<b>Suicide Prevention Hotline</b>	94-800-273-TALK (8225)	
Urgent Care	226-6647	99
Security Forces	226-3600	646
Command Post	226-9899	928
Taxi	226-7433	
	Cell Phone 0176-66-5438	
Base Operator	0176-77-1110	
Military OneSource	94-800-342-9647	
Red Cross	226-3016	
	94-877-272-7337	

● HELPING AGENCIES		
SERVICE	PHONE	BLDG
Sexual Assault Response Coordinator (SARC)	226-7271	
	226-7272	656
	226-3230	
Mental Health/ADAPT	226-9899	96
Family Advocacy	226-2123	96
Domestic Abuse Advocate	Cell Phone 080-9158-8735	
	226-4630	
Chaplain	226-9899	358
Legal	226-4022	656
Airman Family Readiness Center	226-4735	
Air Force Aid/Casualty Asst.	226-9899	656
Military Family Life Consultant (MFLC)	226-2147	
	090-2885-8902	656

**Notifying the × agencies of a sexual assault will initiate an Unrestricted Report**