



## **National Resources**

**National Suicide Prevention Hotline:** 1-800-784-2433 <http://www.hopeline.com>

**National Suicide Prevention Lifeline:** 1-800-273-TALK (1-800-273-8255) or TTY: 1-800-799-4889.

This hotline is a 24-hour, toll-free suicide prevention service available to anyone in suicidal crisis. You will be routed to the closest possible crisis center in your area. Your call is free and confidential.

- Veterans press "1" for the Veterans Suicide Prevention Hotline.
- En Español: 1-888-628-9454
- Europe (toll-free from Germany, Italy, Belgium, the Netherlands, UK)
  - Army garrison DSN phone: DSN 118
  - Commercial European line: 00800-1273-TALK (8255)

**Alcoholics Anonymous:** <http://www.aa.org>

**Army Starrs Resource List:** <http://www.armystarrs.org/resources>

A helpful list of additional online resources, hotlines, reading materials, and phone apps.

**inTransition:** 1-800-424-7877 (continental United States including Alaska and Hawaii); 1-800-424-4685 (outside the United States); 1-314-387-4700 (collect outside the United States)

This 24/7 program is for Service members receiving mental health treatment who will transition out of service or to a new assignment. inTransition coaches will help connect you with your new provider and empower you with tools to continue making healthy life choices. Your current mental health provider may also contact inTransition for you.

**Healthnet Federal Services (Tricare):** Behavioral Health Appointment Assistance Service: 1-877-747-9579

<http://www.tricare.mil/CoveredServices/Mental/GettingMHCare>

Behavioral Health Appointment Assistance Service will answer your authorization questions and assist you in making an off-post appointment for Behavioral Health Services covered by Tricare. For immediate assistance, please visit

<http://www.tricare.mil/CoveredServices/Mental/CrisisLines>

**Marriage and Family Therapist Locator:** <http://www.therapistlocator.net>

Sponsored by the American Association of Marriage and Family Therapists, this allows you to search for a marriage counselor domestically or overseas.

**Military One Source:** 1-800-342-9647 <http://www.militaryonesource.com>

Military One Source provides an array of resources and confidential counseling for military personnel and their family members at no cost for up to eleven visits. This program is ideally suited for relationship issues, anger or grief management, posttraumatic stress, and other counseling services.

**National Domestic Violence Hotline:** 1-800-799-SAFE (7233) or 1-800-787-3224 <http://www.thehotline.org>/Help available 24 hours a day, 365 days a year. Hotline provides crisis intervention, safety planning, information, and referrals to agencies in all 50 states, Puerto Rico and the U.S. Virgin Islands.

**National Sexual Assault Hotline:** 1-800-656-HOPE (4673) <http://rainn.org>

**Operation Reach Out:** FREE suicide prevention app for iPhone & Android

The free Operation Reach Out app is aimed at preventing suicides among military personnel and veterans. Available through iTunes App Store for iPhone and iPad; Google Play for Android users.

**Psychologist Locator:** <http://locator.apa.org>

Sponsored by the American Psychological Association; search for a therapist by zip code.

**SAMHSA's 24hr. Referral Helpline for Substance Abuse and Mental Health:** 1-800-662-HELP (4357)

**Tragedy Assistance Program for Survivors (TAPS):** 1-800-959-TAPS (8277)

TAPS is the 24/7 tragedy assistance resource for ANYONE who has suffered the loss of a military loved one, regardless of the relationship to the deceased or the circumstances of the death.

**U.S. Army Sexual Assault and Prevention Program (SHARP):** <http://www.sexualassault.army.mil/>

**Veterans' Health Benefits Information:** 1-800-827-1000

**Wounded Soldiers and Family Hotline:** 1-800-984-8523



The Wounded Soldiers and Family Hotline primarily helps soldiers and veterans resolve issues dealing with medical claims, and medical discharge pay. Also, this hotline helps soldiers with emergency leave for personal and family medical emergencies. Non-military members can call to help locate a military member.

## **Fort Carson & Local Area Resources**

### **Behavioral Health**

Team A/4th BCT 4th ID – (719) 526-2609; BLDG 9481 (Wilderness Road)  
Team B/3rd BCT 4th ID – (719) 526-0175; BLDG 2469  
Team C/2nd BCT 4th ID – (719) 526-3589; BLDG 2361  
Raider/1st BCT 4th ID – (719) 526-3547; BLDG 1657  
Team D/43rd Sb – (719) 526-9337; BLDG 813

### **Soldiers Behavioral Health @ Evans Army Community Hospital, 4th Floor – (719) 526-7155**

- Behavioral health resources, buildings, and phone numbers at Evans Army Community Hospital
- <http://evans.amedd.army.mil/BH/DoBH.html>

### **Pikes Peak Area Council of Governments**

<http://pikespeak.co.networkofcare.org/veterans/services/category.aspx?cid=37437&targetgrp=>

Individual, group, and adult therapy; psychological testing; drug and alcohol evaluation and treatment; family violence and crisis intervention; case management and treatment services available; priority for Active Duty Military; space available for retirees and dependents.

### **Family & Individuals Therapists near Fort Carson:**

<http://therapists.psychologytoday.com/rms/state/CO/Fort+Carson.html>

### **Emergency Services**

**Medical Emergencies** – 911

**Military Police Dispatch** – (719) 526-2333

**Fire Department** – (719) 526-5615

### **Medical Services**

**Evans Army Community Hospital** – (719) 526-7000; 1650 Cochrane Cir # 7500

**Psychiatry Clinic – Adult** – (719) 526-7155/7661; 4th Fl. Evans Army Community Hospital Bldg. 1830

**Psychiatry Day Treatment** – (719) 526-7155/7661; BLDG 1830

**Psychology Department** – (719) 526-7155; BLDG 1830

**Behavioral Health** – (719) 526-7661; BLDG 1830

**Suicide Prevention Office Hours** – (719) 526-7661; BLDG 1830

**Suicide Prevention After Hours** – (719) 526-3400

**Suicide Hotline** – (719) 573-7447

**Emergency Room** – (719) 526-7111

**Refill Pharmacy** – (719) 524-4081

### **Family Medicine Clinics**

**Diraimondo Clinic North** – (719) 524-2047; BLDG 1041

**Diraimondo Clinic South** – (719) 524-2738; BLDG 1150

**Robinson Clinic** – (719) 526-7764; BLDG 7490

**Warrior Clinic** – (719) 526-9277; BLDG 2353

### **Religious Support Services**

**Main Office** – (719) 526-5279 <http://www.carson.army.mil/Chaplain/>

- Resources for religious support, faith groups, and finding places of worship
- Can refer to mental health
- Need to know what unit – referred to specific unit and chaplain

**Family Life Chaplain** – (719) 526-0261

**Off Duty Emergency Line** – (719) 526-3400

### **Miscellaneous**

**Anger Control Social Services** – (719) 526-4585

**Safety Office** – (719) 526-7371

**Soldier and Family Assistance Center** – (719) 526-5807

**Survivor Grief Counseling Center** – (719) 526-2069

**Human Resources:** <http://www.carson.army.mil/dhr/index.html>

**Phone Number Directory:** <http://evans.amedd.army.mil/phones/phones.htm>