

Are you feeling stressed and need help, but don't know where to start?

# MENTAL HEALTH RESOURCES ROADMAP

START HERE

#1

## CHAIN OF COMMAND

Start with your peers & your supervisor! Often, they can help you get to the right resource. Soldiers are encouraged to talk to their front line leader and/or Chain of Command if they are struggling or need assistance in any way.

- or try -

### DOD/VA DIGITAL RESOURCES

<https://mobile.va.gov/mental-health-and-behavioral-therapy-apps>



#2

## UNIT MINISTRY TEAM

Chaplains and UMTs provide more than spiritual counseling, you are not required to talk about religion – talking to your Chaplain is 100% confidential, with no reporting requirements and no health record documentation.

Contact your Chaplain:  
[\(520\) 533-4748/4711](tel:(520)533-4748/4711)



#3

## READY & RESILIENT PERFORMANCE CENTER

R2PC provides customized performance and resilience training and education to sustain readiness, enhance resilience, and improve human performance optimization to build mental and physical toughness. Coordinate contact through your chain of command.

Contact your R2PC:  
[usarmy.huachuca.id-t2.mbx.r2pc@army.mil](mailto:usarmy.huachuca.id-t2.mbx.r2pc@army.mil)

R2CENTER

## HOLISTIC HEALTH AND FITNESS (H2F)

Coaching and assistance with sleep issues, caffeine management, attention control, motivation, mindfulness techniques and mindset management.

Contact your H2F:  
[111th-MI-BDE-H2F-Mental-sleepreadiness@army.mil](mailto:111th-MI-BDE-H2F-Mental-sleepreadiness@army.mil)



#5

## MILITARY & FAMILY LIFE COUNSELING

MFLC provides non-medical counseling with flexible locations, no referral needed, no health record documentation, and minimal reporting requirements.

Contact your MFLC:  
[\(520\) 255-4273](tel:(520)255-4273)



#6

## ARMED FORCES WELLNESS CENTER

Services include fitness testing, health coaching, mindfulness and biofeedback based stress management, and healthy sleep habits training. No referral needed, health record keeping with minimal reporting requirements.

Contact your Wellness Center:  
[\(520\) 533-5311](tel:(520)533-5311)

AFWC  
ARMED FORCES WELLNESS CENTER

#4

#7

## 111TH TOMS BH

Your embedded mental health (EMH) team can evaluate and treat most mental health conditions with psycho education and medication. EMH is authorized to determine fit for duty and to communicate diagnosis and plans with other providers and CO.

Email your EMH team to receive updated walk-in dates and times to establish care or ask your chain of command.

Contact your EMH team:  
[usarmy.huachuca.icoe.mbx.111th-mi-bde-toms-bh@army.mil](mailto:usarmy.huachuca.icoe.mbx.111th-mi-bde-toms-bh@army.mil)



#8

## MTF - RWBAHC MENTAL HEALTH CLINIC

Provides crisis triage services, group treatment, and comprehensive care; authorized to make military duty determinations and to communicate with other providers and CO. Referrals for treatment are made through your EMH team.

Schedule an appointment:  
Contact your EMH team for a referral or call:  
[\(520\) 533-5161](tel:(520)533-5161)

## WECARE APP FORT HUACHUCA

The WeCare app serves as a mobile, one-stop resource to prevent high-risk behaviors by providing immediate access to Sexual Harassment/Assault Response and Prevention tools, suicide prevention support, and chaplain services.



## Veterans Crisis Line

If you or someone you know is in crisis, DIAL 988, then press 1, or TEXT 838255.



#9

## EMERGENCY ROOM

ERs are for life-threatening conditions; ie. someone is a danger to self or others, or has become gravely disabled.



MENTAL HEALTH HUB