

STAY STRONG, STAY RESILIENT

DEVELOP YOUR COVID-19 RESILIENCY

Calm the chaos: You are safe at home **NOT** stuck at home!



Remember, your resources are still available

MILITARY ONESOURCE 1-800-342-9647 or <https://militaryonesource.mil>

American Red Cross American Red Cross at 1-877-272-7337

Military Crisis Line 1-800-273-8255

EMPLOYEE ASSISTANCE PROGRAM 1-866-580-9078

AFRC Find your nearest at <https://installations.militaryonesource.mil>

AIR FORCE CHAPLAINS Contact your local chapel for virtual service schedules or counseling

MILITARY & FAMILY LIFE COUNSELING Contact your local AFRC for contact information

AIR FORCE AID SOCIETY Air Force Aid Society <https://afas.org>

Check out <https://www.af.mil/News/Coronavirus-Disease-2019/> for more information and strategies

