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<p style="text-align: center;"><u>Army Community Service (ACS)</u></p> <p>Bldg 7264, Normandy Dr. Phone: 785-239-9435</p> <p>Services:</p> <ul style="list-style-type: none"> • Budget and money management • Employment assistance • Family Advocacy Program (prevention) • New Parent Support Program • Couples and parenting workshops • Victim Advocacy Program 	<p style="text-align: center;"><u>Chaplain Services</u></p> <p>Bldg 2560 580 Bellavia Way Main line: 785-239-3359 24/7 Chaplain: 785-239-HELP (4357)</p> <p>Services:</p> <ul style="list-style-type: none"> • Individual, couples, and family chaplain services • Completely confidential support • Chaplain Family Life Counseling Center: 7865 Normandy Dr. Phone: 785-250-4840 	<p style="text-align: center;"><u>Holistic Health & Fitness (H2F)</u></p> <p style="text-align: center;">Fort Riley locations, click here</p> <p>A holistic approach to fitness by addressing five readiness domains: physical, mental, nutrition, sleep, and spiritual.</p> <p>Services:</p> <ul style="list-style-type: none"> • Mental readiness • Sleep readiness • Nutritional readiness • Physical readiness • Spiritual readiness • Stress Less Resiliency Class 	<p style="text-align: center;"><u>Ready & Resilient (R2) Performance Center</u></p> <p>7285 Normandy Dr. Phone: 785-239-8835 Email: fortrileyr2pc@gmail.com</p> <p>Build and sustain personal readiness and resilience with sport psychology professionals</p> <p>Services:</p> <p>One-on-one coaching</p> <ul style="list-style-type: none"> • Mental performance skills development • Resilience and skills development • Leadership development courses • Contact Us 	<p style="text-align: center;"><u>Armed Forces Wellness Center</u></p> <p>IACH, Bldg 650 Huebner Rd., Ground Floor Phone: 785-239-9355</p> <p>Services:</p> <p>Body composition analysis Weight management</p> <ul style="list-style-type: none"> • Stress management with biofeedback • Sleep, fitness, and nutrition education 
<p style="text-align: center;"><u>Army Substance Abuse Program (ASAP) / Employee Assistance</u></p> <p>7424 Apennines Dr. Phone: 785-239-5075 Employee Assistance: 785-239-1347</p> <p>Services:</p> <ul style="list-style-type: none"> • Risk Prevention Services • Drug Testing Program • Civilian Services • Reduction Program • Employee Assistance Program (DHR-EAP) • Suicide Prevention Program 	<p style="text-align: center;"><u>Military OneSource</u></p> <p>Phone: 800-342-9647</p> <p>Licensed clinical counselors providing supportive counseling for individuals, couples, and families.</p> <p>Services:</p> <ul style="list-style-type: none"> • Option to upload documentation to the medical record • Available for 180 days after ETS • Financial and tax consultation • CoachHub wellness coaching 	<p style="text-align: center;"><u>Military & Family Life Counselors (MFLC)</u></p> <p>ACS, Bldg 7264, Normandy Dr. Phone: 785-239-1883</p> <p>Licensed clinical counselors providing psychological support to service members and dependents.</p> <p>Services:</p> <ul style="list-style-type: none"> • Free supportive counseling for individuals, couples, and families • In-person and telehealth • No documentation in the medical record • Available for 180 days after ETS 	<p style="text-align: center;"><u>Telehealth Behavioral Health & Medication</u></p> <p>Dependents:</p> <ul style="list-style-type: none"> • Enter CAC and Benefits Number (DBN) as an 11-digit code • No referral needed <p>Services:</p> <ul style="list-style-type: none"> • Telehealth therapy • Psychiatric medication management • Dependent Psychological Care <p>Telehealth platforms:</p> <p style="text-align: center;">TELEMYND Doctor On Demand</p>  	<p style="text-align: center;"><u>Behavioral Health Medication Management</u></p> <p>IACH BH 650 Huebner Rd. Farrelly Clinic 8072 Normandy Dr. Appointments: 888-239-3627 (Opt 1, then Opt 3)</p> <p>Services:</p> <ul style="list-style-type: none"> • Licensed psychiatrists • Referral from PCM if BH concerns are not resolved after two med trials • BH therapy intake recommended before BH med management • Psychiatry services available to dependents age 18+ 

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<p>Post Wellness, Recreation & Community</p>  <p>Morale, Welfare & Recreation & Warrior Zone</p> <p>Better Opportunities for Single Soldiers (BOSS)</p>  <p>Swimming Pools & Aquatic Centers</p>  <p>Physical Fitness Centers</p>  <p>United Service Organization (USO)</p> 	<p>Substance Use Disorder Clinic</p> <p>650 Huebner Rd. 8072 Normandy Dr. Appointments: 888-239-3627 (Opt 1, then Opt 3)</p> <p>Services:</p> <ul style="list-style-type: none"> • Licensed clinical counselors • Substance-use counseling • Non-substance addiction group • Living in Balance group • Addiction Medicine Intensive Outpatient group 	<p>Behavioral Health (Adult)</p> <p>650 Huebner Rd. 8072 Normandy Dr. Appointments: 888-239-3627 (Opt 1, then Opt 3)</p> <p>Services:</p> <ul style="list-style-type: none"> • Licensed clinical counselors • In-person and telehealth (BRAVE Program) therapy for active-duty Soldiers • Groups: Healthy Thinking, Moving Forward, Tame Your Anxious Mind, Insomnia, Depression <p>Clinic Walk-In Hours: 0730–1530</p> 	<p>Child & Family Behavioral Health</p> <p>IACH BH: 650 Huebner Rd. Appointments: 888-239-3627 (Opt 1, Opt 3)</p> <p>Services:</p> <ul style="list-style-type: none"> • Licensed clinical counselors • In-person and telehealth • Individual and group therapy • Dependents of active-duty Soldiers, ages 8–17 • Services at IACH and school-based locations • Positive Parenting Virtual Group for caregivers 	<p>Family Advocacy Program – Clinical Behavioral Health</p> <p>IACH BH: 650 Huebner Rd. Appointments: 888-239-3627 (Opt 1, then Opt 3)</p> <p>Services:</p> <ul style="list-style-type: none"> • Licensed clinical counselors • Individual and family therapy • Intervention and treatment for family conflict • Domestic violence and child maltreatment treatment 
<p>Primary Care Manager (PCM)</p> <p>814 Marshall Dr. Phone: 785-240-1125 Farrelly Clinic 8072 Normandy Dr Appointments: 888-239-3627 (Opt 1, then Opt 3)</p> <p>PCM can:</p> <ul style="list-style-type: none"> • Provides emergency behavioral health and medical care outside BH Clinic hours. • Prescribe sleep or BH medications <p>IACH Emergency Department 650 Huebner Rd. Phone: 785-239-7777 or 911</p> 	<p>Off-Post Therapy Services (Dependents)</p> <p>TRICARE-covered dependents: Up to seven sessions available before a primary care referral is required</p> <p>www.MHKMentalHealth.org exists to simplify the process of finding a mental health provider in Manhattan, Kansas and the surrounding areas.</p> 	<p>VA Vet Center</p> <p>1133 College Avenue, Bldg C, Ste 200 Manhattan, KS 66502 Phone: 785-350-4920</p> <p>Services:</p> <ul style="list-style-type: none"> • Depression • PTSD • Military Sexual Trauma (MST) <p>See Vet Center for specific eligibility information.</p> <p>For Junction City VA BH Services 785-350-3111, ext. 54335 623 Southwind Drive Junction City, KS 66441-9021</p> 	<p>Fort Riley Resource Guide</p> <p>Access Fort Riley-specific information, services, and resource guides.</p> <p>My Army Post App:</p> <p>Apple App Store Google Play</p>   <p>Fort Riley Resource Guide</p> 	<p>Emergency & Other Key Resources</p> <p>Emergency Services: 911</p> <p>988 Suicide & Crisis Lifeline – Call, Chat, or Text 988 https://988lifeline.org/</p> <p>Alcoholics Anonymous: www.aa.org</p> <p>FAP Victim Advocacy: 785-307-1373</p> <p>SHARP: 785-307-9338</p> <p>DoD Sexual Assault Helpline: 877-955-5247</p> <p>Fort Riley Military EO: 785-307-9400</p> <p>Nurse Advice Line: 1-800-874-2273 mhsnurseadvice.com</p>