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<p><u>Holistic Health & Fitness (H2F)</u></p> <p><u>Fort Riley locations, click here</u></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 <p>Stress Less Resiliency Class</p> 	<p><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><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><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 • Scream-free marriage workshop • Victim Advocacy Program 	<p><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 365 days after ETS • Financial and tax consultation • CoachHub wellness coaching • inTransition MH resource program <p>Phone: 1-800-424-7877</p> 
<p><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><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. <p>Phone: 785-250-4840</p> 	<p><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;">Post Wellness Resources</p> <p>The Army Morale, Welfare, and Recreation (MWR) offers a comprehensive network of programs and services at Fort Riley-including family, child and youth programs, recreation, sports, entertainment, and travel and leisure activities.</p> <div style="display: flex; justify-content: space-around;"> <div data-bbox="1354 966 1596 1161"> <p><u>Morale, Welfare & Recreation Warrior Zone</u></p>  </div> <div data-bbox="1690 966 1932 1161"> <p><u>Better Opportunities for Single Soldiers (BOSS)</u></p>  </div> </div> <div style="display: flex; justify-content: space-around; margin-top: 20px;"> <div data-bbox="1281 1226 1459 1437"> <p><u>Swimming Pools & Aquatic Centers</u></p>  </div> <div data-bbox="1543 1226 1711 1437"> <p><u>Physical Fitness Centers</u></p>  </div> <div data-bbox="1785 1226 1942 1437"> <p><u>United Service Organization (USO)</u></p>  </div> </div>	

Mental Health Clinics				Dependent Care
<p><u>Mental Health (Adult)</u></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><u>Substance Use Disorder Clinic</u></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><u>Child & Family Mental Health</u></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><u>Family Advocacy Program – Clinical Mental Health</u></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><u>Off-Post & Virtual Therapy</u></p> <p>www.MHKMentalHealth.org: mental health provider database and search</p>  <p>Telehealth Platforms and Services:</p> <ul style="list-style-type: none"> Telehealth therapy Medication management <p><u>Charlie Health</u></p> <p><u>TELEMYND</u> <u>Doctor On Demand</u></p>  
Medication Management		Transition Resources		Crisis Resources
<p><u>Primary Care Manager (PCM)</u></p> <p>814 Marshall Dr. Phone: 785-240-1125 Farrelly Clinic 8072 Normandy Dr Appointments: 888-239-3627 (Opt 1, then Opt 1)</p> <p>PCM can:</p> <ul style="list-style-type: none"> Provides emergency care outside MH Clinic hours. Prescribe sleep or MH medications <p>IACH Emergency Department 650 Huebner Rd. Phone: 785-239-7777 or 911</p> 	<p><u>Mental 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 Psychiatry services available to dependents age 18+ 	<p><u>VA Vet Center</u></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 MH Services 785-350-3111, ext. 54335 623 Southwind Drive Junction City, KS 66441-9021</p> 	<p><u>Fort Riley Resource Guide</u></p> <p>Access Fort Riley-specific information, services, and resource guides.</p> <p>My Army Post App:</p> <p>Apple App Store Google</p>   <p>Play</p> <p><u>Fort Riley Resource Guide</u></p> 	<p>IACH Emergency Department Outside of BH Clinic Walk-in Hours 650 Huebner Rd. 785-239-7777 / 911</p> <p>Mental Health Crisis Walkin 0730-1530 MH Clinic Walk-in Hours IACH BH 650 Huebner Rd Farrelly Clinic 8072 Normandy Dr.</p> <p>Emergency Services: 911 988 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 SHARP: 785-307-9338 DoD Sexual Assault Helpline: 877-955-5247 Fort Riley Military EO: 785-307-9400 Nurse Advice Line: 1-800-874-2273 mhsnurseadvice.com</p>