We Are Here For You!

We all experience life stressors from time to time ...

PHAP will assist members and families who are dealing with issues that may require services or intervention.

PHAP will locate appropriate resources to assist in resolving issues.

PHAP team members will follow each Reservist through the resolution of the member’s case.

Referrals can be made by anyone, such as the Reservist, Unit Commanders, family members or fellow Airmen.

PHAP maintains a 24/7 on-call message line to respond to inquiries and referrals. This is not an intervention hotline.

PHAP offers outreach or “morale” calls to requesting Reservists and families during all the stages of deployment: pre-deployment, during and post deployment.

Contact Us
http://www.afrc.af.mil/AboutUs/PHAP.aspx

South Region
Phone: (678) 655-2464
DSN: 625-2464

North Region
Phone: (937) 656-1709
DSN: 986-1709

West Region
Phone: (707) 424-2704
DSN: 837-2704

Air Force Reserve Psychological Health Advocacy Program (PHAP)

You and Your Family Are Not Alone
Our goal is to maximize the support for you and your family at a most sensitive time in your life, while showing you the respect and dignity you deserve.

We offer support and referrals for solution-focused resources in order to improve outcomes and positively influence your total health and well-being.

Referrals for:
- Family Counseling
- Children & Teen Concerns
- Marriage Retreats
- Alcohol & Substance Abuse Awareness
- Suicide Prevention
- Mental Health Problems
- Post-Traumatic Stress Disorder
- Anger Management
- Domestic Violence Awareness & Prevention

PHAP services are free, confidential and available to each AFRC reservist and their family.

For questions or concerns contact:
HQ AFRC PHAP Program Chief
AFRC.PHAP@us.af.mil
Phone: (478) 327-0342
DSN: 497-0342

If in crisis, call:
National Suicide Prevention Lifeline
1-800-273-8255

Personal Helpig Airmen Positively