

341 MW HELPFUL INFORMATION MATRIX

 Active Duty 1 Jan 16	1st Sgt	Mental Health 731-4451	Health Promotion Team 731-4292	Chaplain Corps 731-3721	Family Advocacy 731-2161	Domestic Abuse Victim Advocate 731-4344	Legal Office 731-2878	Sexual Assault Response Coordinator 731-4225	Airman Family Readiness 731-4900	Military Family Life Consultant 731-3879	Military Child Life Consultant 731-2417	Equal Opportunity 731-4525	CC
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Family VISIT <http://www.malmstrom.af.mil/help/>

Change in Schools	X			X					X		X		X
Deployments	X	X		X			X		X	X	X		X
Divorce/Separation	X	X		X	X	X	X		X	X	X		X
Getting Married	X			X					X	X	X		X
Loss of Family Mbr/Friend	X	X		X					X	X	X		X
New Parent	X			X	X		X		X	X	X		X
PCSing	X			X			X		X	X	X		X
Raising Teens	X			X	X					X	X		X
Relationship Challenges	X	X		X	X				X	X			X
Single Parent	X			X	X		X		X	X	X		X
Spouse Finding Work	X			X					X				X
Strengthening Marriage	X	X		X	X				X	X			X

Personal VISIT <http://www.malmstrom.af.mil/help/>

Abuse or Trauma (past)	X	X		X	X	X				X	X		X
Alcohol Misuse/Sub Abuse	X	X		X							X		X
Anger Management	X	X		X	X				X	X	X		X
Anxiety	X	X	X	X					X	X	X		X
Dating Violence	X	X		X	X	X							X
Discrimination	X			X								X	X
Domestic Violence	X	X		X	X	X	X						X
Harassment	X											X	X
Health Concerns	X	X	X	X									X
Loneliness/Isolation	X	X		X					X	X	X		X
Low Self Esteem	X	X	X	X					X	X	X		X
Sexual Assault/Rape	X	X		X		X	X	X					X
Sleep Difficulties	X	X		X									X
Stress	X	X		X	X				X	X	X		X
Suicide Ideation	X	X		X					X		X		X
Weight/Nutrition Mgmt	X	X	X	X									X

Finance VISIT <http://www.malmstrom.af.mil/help/>

Emergency Need	X			X					X				X
Foreclosure	X						X		X				X
Mortgages/Loans	X						X		X				X
Retirement/Separation	X			X					X				X

Legal VISIT <http://www.malmstrom.af.mil/help/>

Divorce	X			X			X						X
Power of Attorney	X						X						X
Wills	X						X						X
General Legal Advice	X						X						X

HELPING AGENCIES **EMERGENCY SERVICES**

Agency	Number	Emergencies	Number
ADAPT	1-406-731-4451	Ambulance (ON or OFF Base)	911
American Red Cross	1-406-727-2212	Command Post	1-406-731-3801
Area Defense Council	1-406-731-4723	Fire (ON or OFF Base)	911
Airmen Against Drunk Driving	1-406-788-HOME	Suicide Prevention	Number
Base Operator	1-406-731-1110	Chaplain (Duty Hours)	1-406-731-3721
Child Development Center	1-406-731-2417	Chaplain (Non-Duty Hours)	1-406-731-3801
Community Support Coordinator	1-406-731-3481	Mental Health Clinic	1-406-731-4451
CPO	1-406-731-4644	Medical	Number
Education Center	1-406-731-3531	Appointments	1-406-731-4633
Family Daycare Coordinator	1-406-731-2116	Dental	1-406-731-2511
Inspector General	1-406-731-7076/7091	Immunizations	1-406-731-4455
Military Child Life Consultant	1-406-224-3813 (8AM - 8PM)	Recovery Care Coordinator	1-406-731-4284
Military One Source	1-800-342-9647	Exceptional Family Member Program	1-406-731-4393
Safety	1-406-731-6719	Sexual Assault	Number
School Liason Officer	1-406-731-4900	Sexual Assault Hotline	1-406-781-6005
Visitor Center - Pass & Registration	1-406-731-4489/6555	Victim Advocate Hotline	1-406-750-5459
Youth Center	1-406-731-4634	Security Forces Dispatcher	1-406-731-3895