



10/20/21

	CC / 1st Sgt / Supervisor	Embedded True North MH/RST (See Back)	Mental Health 723-5527	Health Promotion /HAWC 723-5399	Chaplain Corps 723-2456	School Liaison Officer 723-1447	EFMP Family Support 723-3950	EFMP Medical 723-5547	Family Advocacy 723-5096	Domestic Abuse Victim Advocate (701) 343-3531	Legal Office 723-3026	Sexual Assault Response Coordinator 723-7272	Airman & Family Readiness Center 723-3950	Military Family Life Consultant (701) 500-4826	Military Child/Youth Behavioral Consultant (701) 425-7905	Equal Oppor- tunity 723-2711	Military OneSource 1-(800) 342-9647 (or website)
<b>Family</b>																	
<a href="http://www.minot.af.mil">http://www.minot.af.mil</a>																	
Change in Schools	•	•	•		•	•	•	•					•	•	•		•
Deployments	•	•	•		•		•	•			•		•	•	•		•
Divorce/Separation	•	•	•		•				•	•	•		•	•	•		•
Exceptional Family Member	•						•	•					•				
Getting Married	•				•								•	•	•		•
Loss of Family Mbr/Friend	•	•	•										•	•	•		•
New Parent	•	•			•			•	•				•	•	•		•
PCSing	•	•			•		•	•			•		•	•	•		•
Raising Teens	•	•			•	•			•				•	•	•		•
Relationship Challenges	•	•	•		•				•	•			•	•	•		•
Single Parent	•	•				•		•	•		•		•	•			•
Spouse Finding Work	•				•								•	•			•
Strengthening Marriage	•	•	•		•				•				•	•			•
<b>Personal</b>																	
<a href="https://www.minot.af.mil/Base-Units/Resiliency/">https://www.minot.af.mil/Base-Units/Resiliency/</a>																	
Abuse or Trauma (past)	•	•	•		•				•	•		•		•	•		•
Alcohol Misuse/Sub Abuse	•	•	•		•												•
Anger Management	•	•	•		•				•				•	•	•		•
Anxiety	•	•	•		•								•	•	•		•
Dating Violence	•	•	•		•				•	•							•
Discrimination	•	•			•									•	•	•	
Domestic Violence	•	•	•		•				•	•	•						
Health Concerns	•	•	•		•		•	•									•
Loneliness/Isolation	•	•	•		•								•	•	•		•
Low Self Esteem	•	•	•		•								•	•	•		•
Mediation	•	•	•		•									•	•	•	
Sexual Assault/Rape	•	•	•		•				•	•	•	•					•
Sexual Harassment	•				•											•	
Sleep Difficulties	•	•	•	•	•									•			•
Stress	•	•	•	•	•				•				•	•	•		•
Suicide Ideation	•	•	•		•									•			•
Tobacco Cessation	•			•													•
Weight/Nutrition Mgmt	•			•													•
<b>Finance</b>																	
<a href="http://www.minot.af.mil">http://www.minot.af.mil</a>																	
Emergency Need	•				•								•				•
Foreclosure/Tennent Issues	•										•		•				•
Mortgages/Loans	•										•		•				•
Retirement/Separation	•				•								•				•
<b>Legal</b>																	
<a href="https://www.minot.af.mil/Base-Units/Legal/">https://www.minot.af.mil/Base-Units/Legal/</a>																	
Divorce	•	•			•						•						•
General Legal Advice	•										•						•
Power of Attorney	•										•						•
Wills	•										•						•
Notary											•						•

<b>Helping Agencies</b>		<b>Emergency Services</b>	
ADAPT	701-723-5527	On Base - Fire/Medical/Police	701-727-1911 (no on-base ambulance)
Airman & Family Readiness Center	701-723-3950	Off Base - Fire/Medical/Police	911
Air Force Aid Society	701-723-3950	Command Post	701-723-3101/3102
AF Regional Recovery Care Coordinator	701-747-6182	Local Emergency Room	701-852-2222
American Red Cross	701-852-2828 *After Hours Emergency Travel: 1-800-733-2767	<b>Suicide Prevention</b>	
Area Defense Council	701-723-3405	Chaplain (Duty Hours)	701-723-2456
Child Development Center	701-723-3750	Chaplain (Non-Duty Hours)	701-723-3101 & ask for Chaplain
Domestic Abuse Victim Advocate	701-343-3531	*IOS/True North (if available at your location)	701-723-5527
Education Center	701-723-2772	Mental Health Clinic	701-723-5527
Equal Opportunity	701-723-2711	Military & Veteran Crisis Hotline	800-273-8255 press 1
Family Advocacy	701-723-5096	<b>Other Services/Agencies</b>	
Family Child Care	701-723-6662	Airmen Against Drunk Driving (prev. Op Safe Ride)	701-723-7233 701-720-2254
Health Promotion/HAWC	701-723-5399	Exceptional Family Member Program (Medical)	701-723-5547
Inspector General Hotline	701-723-4609	Exceptional Family Member Program (Family Support)	701-723-3950
*Integrated Operational Support (IOS) Team/True North - if assigned to local unit/group (not at every location)		Medical Clinics Central Appointments	701-723-5633
Legal Office	701-723-3026	Road Conditions	701-723-1190
Library - <b>Resource materials on many of these topics!</b>	701-723-3344	Security Forces/Law Enforcement Desk	701-723-3096
Minot AFB Homes (BBC)	701-727-0007	Victim Advocate Hotline	701-343-3531
Military Family Life Consultant (Adult)	701-500-4826	Resident Advocate	701-723-7414 701-818-7075
Military Family Life Consultant (Child)	701-340-6731	Afghanistan Resources and Avenues for Seeking Care:	<a href="https://www.resilience.af.mil/">https://www.resilience.af.mil/</a>
Military Family Life Consultant (School)	410-916-6458 (During School year only)	<b>TASK FORCE TRUE NORTH MENTAL HEALTH TECHNICIAN</b>	
Military Housing Office (MHO)	701-723-4660, press 1	91 MXG	701-723-4522
Military One Source	800-342-9647	5 MXG	701-723-3916
Operational Support Team (OST)	701-723-4947	91 SFG	701-723-2229
School Liaison Officer	701-723-1447	5 MSG	701-723-7207
Sexual Assault Hotline	701-340-8882		
Sexual Assault Response Coordinator	701-723-7272		
Visitors Center/Pass Office (Main Gate)	701-723-2600		
Welcome Center	701-723-3789		
Youth Center	701-723-2838		
		Airman's Attic: Every M&W:1000-1400/1st Thu:1700-1900/3rd Sat: 1000-1400/after hrs call Shirt	



Understanding the “why” behind Team Minot’s **You Matter** campaign is as simple as understanding the **You Matter** logo. First, the circle of stars represent our helping agencies and leadership teams that provide guidance and services to help individuals get back on track when they are struggling. Inside the circle of stars you see a circle of dots. These dots represent a person’s inner circle (family, friends, co-workers, etc.) who are most often the first-line of response, support and caring. All of this culminates with the depiction of the person in the middle of the design. That person is you and all of the other elements exist because...

**YOU MATTER!**