

At any time that support is needed urgently, contact your local MP station at 114 for 24hr on-call Support	Adolescent Substance Abuse Counseling Services (ASACS)	American Red Cross	Army Community Service (ACS)	Army Family Team Building	Army Substance Abuse Program (ASAP)	Army Wellness Center	Chaplain Services/ Family Life Chaplain	Community Health Nursing/ Preventive Medicine	Employee Assistance Program (EAP)	Educational Developmental Intervention Services	Equal Employment Office (EEO)	Health Clinic	Mental Health Services	Occupational Health	Physical and Occupational Therapy	Safety Office	Social Work Services	Women, Infants, & Children (WIC)
	ASACS	ARC	ACS	AFTB	ASAP	AWC	CH	CHN/PM	EAP	EDIS	EEO	MTF	MHS	IH/OH	PT/OT	Safety	SWS	WIC
Grafenwoehr CIV: 09641-83-xxxx	475-8930 472-9223	475-1760	475-8371		475-1710		475-1570 475-LIFE	475-7418	475-5122 475-1710			475-7152	475-5672	IH: 475-7058 OH: 475-6815	475-5644			475-6821
Vilseck CIV: 09662-83-xxxx	476-2119 476-2117	476-1760	476-2650	476-2797	476-1710	476-4795 or 4791	476-1570 476-3277	476-2165	476-2503 476-1710	476-3221	475-8360	476-2936	476-2995	476-2936	475-1470	476-2100	476-3790	
Bldg/Location V- Vilseck G- Grafenwoehr	B-621 G	B - 244 G B - 700 V	B - 244 G B - 322 V	B - 322 V	B - 223 V	B- 168 V	B - 0218 V	B - 475 G B - 225 V	B-621G B226V	B - 316 V	B - 537 G	B - 475-G B - 250 V	B - 507 G B - 316 V	B - 475 G B - 225 V	B - 539 G	B - 316 V	B - 207 G B - 221 V	
Alcohol Related Issues	X				X		X		X									
Anger Management			X		X				X								X	
Assertiveness Training									X									
Blended Families			X															
Child Abuse & Neglect			X															
Child Seat Safety Inspection								X										
Cholesterol								X										
Combat Stress/PTSD							X						X					
Conflict Resolution	X			X	X				X		X						X	
Couples Counseling			X				X										X	
CPR/First Aid/ Babysitters Training		X																
Crisis Intervention		X	X		X		X		X				X					
Domestic Violence			X										X					
Drug Related Issues	X				X				X									
Family Issue Support Services			X				X		X	X								X
Financial Counseling			X						X									
Grief Counseling			X				X		X									
Heart care												X						
Hearing Conservation												X		X				
Hypertension								X										
Injury Prevention - Back														X	X			

	ASACS	ARC	ACS	AFTB	ASAP	AWC	CH	CHN/PM	EAP	EDIS	EEO	MTF	MHS	IH/OH	PT/OT	Safety	SWS	WIC
Injury Prevention - Knee														X	X			
Injury Prevention - General								X						X	X	X		
Leadership			X	X					X									
Marital Counseling					X		X		X								X	
Marital Difficulties			X				X		X									
Men's Health								X	X			X						
	ASACS	ARC	ACS	AFTB	ASAP	AWC	CH	CHN/PM	EAP	EDIS	EEO	MTF	MHS	IH/OH	PT/OT	Safety	SWS	WIC
Nutrition Education						X		X				X						X
Oral & Dental Health		X																
Parenting Skills	X		X					X		X								
Pregnancy			X					X						X				X
Self Care			X					X	X									
Self Esteem	X		X															
Sexual Assault			X				X	X				X	X					
Sexual Harrassment							X		X									
Single Parenting			X					X										
Special Needs: Adult			X					X										
Special Needs: Child			X					X		X								
Spiritual Fitness							X											
STD Counseling								X				X						
Stress Management		X		X	X	X	X		X								X	
Suicide Prevention					X		X											
Time Management				X														
Tobacco Cessation								X	X									
Water Safety								X								X		
Women's Health								X	X			X						
Accommodations											X			X		X		
Worksite Ergonomics											X			X	X			
Worksite Safety														X		X		
Worksite Violence									X									
Weight Management						X							X					X
	ASACS	ARC	ACS	AFTB	ASAP	AWC	CH	CHN/PM	EAP	EDIS	EEO	MTF	MHS	IH/OH	PT/OT	Safety	SWS	WIC