

## **MENTAL HEALTH RESOURCES**

- **FLEET AND FAMILY SUPPORT CENTER**
  - +34 956 82 3232
  - 727-3232
  
- **CHAPEL**
  - +34 956 82 2161
  - 727-2161
  
- **CHAPEL EMERGENCY DUTY PHONE**
  - +34 639 101 864
  
- **CDO**
  - +34 659 452 541
  
- **MILITARY FAMILY LIFE COUNSELOR (MFLC)**
  - +34 624 368 371
  - +34 722 144 636
  
- **MILITARY ONE SOURCE**
  - 1 800 342 9647
  
- **BEHAVIORAL HEALTH**
  - +34 956 82 3408
  - 727-3408
  
- **USNH EMERGENCY**
  - +34 956 82 3307/3308
  - 727-3307/3308
  
- **AMBULANCE**
  - +34 956 82 3300
  - 727-3300
  
- **SUICIDE PREVENTION LIFELINE HOTLINE**
  - 1 800 273 8255
  
- **EMERGENCY**
  - +34 956 82 2911
  - 727-2911
  
- **OFF BASE EMERGENCY**
  - 112