

COVID-19 STRESS LINE

In our effort to further support the community, the 86th MDG Disaster Mental Health Team stood up a COVID-19 Stress Line M-F from 1000-1400.

Please be sure to read this message in its entirety for complete information about this service:

- Individuals can call the Stress Phone Line to discuss stress reactions directly associated with COVID-19 and the current situation. Topics might include health anxiety, stressors of isolation/lockdown, and ways to cope with restriction of activities.
 - When you call this line members of our Stress Response Team will provide solution-focused recommendations that can help you and your family during this unique and stressful time.
- The Stress Phone Line **IS NOT**:
 - A mental health crisis line. If you are having thoughts of harming yourself or others please do one of the following:
 - Contact your squadron leadership
 - Call 112 and/or report to Landstuhl Region Medical Center (LRMC) Emergency Department
 - Call the Mental Health Clinic at 06371-46-2390 (Comm) and 479-2390 (DSN)
 - Present to the Ramstein Mental Health Clinic for walk-in M-F from 0730-1600 (Active Duty only). After business hours present to LRMC Emergency Department.
 - The National Suicide Prevention Hotline at 1-800-273-8255 extension 1
 - An appointment phone line for the Mental Health Clinic or a method to contact a mental health provider. Please call 479-2390 or 06371-46-2390 to contact the Mental Health Clinic
 - A tele-mental health therapy phone line. Mental health services are not provided with this phone line.
 - Nurse advice line.
 - A domestic violence crisis line. If you are a victim of domestic abuse please do one of the following:
 - Call the Family Advocacy Program at 06371-46-2370 M-F from 0730-1630
 - Call Domestic Abuse Victim Advocate (DAVA) at 0173-628-4624 (24/7 Cell)
 - Call 112
- To use this service, please call one of the following numbers between 1000-1400 M-F to speak with a member of our team.
 - 06371-47-9001 Option #3
 - 480-9001 Option #3