



**USAF ACADEMY LEGAL OFFICE**  
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# RESOURCES

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## **ADDITIONAL RESOURCES ARE AVAILABLE TO HELP DEAL WITH THE STRESS AND ANXIETY CAUSED BY A LEGAL PROBLEM:**

This may be one of the most stressful times in your life. Legal issues often involve more than just the questions that brought you to see us today. Since legal issues often involve the most personal matters in our lives, they can cause financial and emotional strain, family disruptions, stress, and anxiety. If the stress of your legal issue leaves you feeling anxious, hopeless, or overwhelmed, you are not alone. The Air Force has a wide range of resources that will help you to discuss and/or develop the skills necessary to cope with the stress you may experience when facing legal problems. Listed below are some local offices you might consider contacting for assistance.

- **Military Family Life Consultants (MFLC)** are licensed counselors that assist service members and their families with issues through the cycle of deployment and reintegration with their community and family. You can contact the MFLC for our installation by calling (719) 358-1468 (adult clients) or (719) 352-1721 (children & youth counseling).
- **Chaplains/Clergy** have confidentiality and are trained to help you with the problems you are facing, including spiritual counseling. There is an absolute privilege for all information confided in a chaplain or clergy as a formal act of conscience or religion. The phone number for the USAFA Chaplain's office is (719) 333-3300.

*The information provided in this document is meant for the sole use of Active Duty service members, retirees, their families, and those individuals eligible for legal assistance. The information is general in nature and meant only to provide a brief overview of various legal matters. Rights and responsibility vary widely according to the particular set of circumstances in each case. Laws can vary across states, services, and civilian jurisdictions and laws are changed from time to time. Do not rely upon the general restatements of background information presented here without discussing your specific situation with a legal professional.*

- **Base Mental Health** provides licensed psychologists, psychiatrists and social workers by appointment. The phone number for the USAFA Mental Health office is (719) 333-5177/78.
- **Your First Sergeant and Commander** are great resources for help dealing with stress and problems. If you are feeling strained to the point that you are contemplating suicide, your leadership would absolutely like to know that and would want to help you.
- **Military One Source (MOS)** provides telephonic, online and face to face counseling. The service is limited to 12 sessions, *per issue* and *per counselor*. You can schedule a face-to-face consultation by calling 1-800-342-9647, or schedule an online consultation by visiting their website: <http://www.militaryonesource.com/MOS/About/CounselingServices.aspx>.
- **National Suicide Prevention Lifeline:** If you are ever feeling desperate, alone or hopeless you can call the National Suicide Prevention Lifeline (NSPL) at **1-800-273-TALK (8255)**. NSPL is a free, confidential, 24-hour hotline available to anyone in suicidal crisis or emotional distress. <http://www.suicidepreventionlifeline.org/>.

**REMEMBER: You are not alone. You are a valuable person and a member of an Air Force family that is ready and willing to help you deal with the challenges of this difficult time.**