

DON'T SUFFER IN SILENCE.

Help is just a call away.



AFRS CONTACTS

Prevention Specialists

369 RCG

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AFRS HQ

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369 RCG

Chaplain Spurgeon
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360 RCG

Chaplain Fairchild
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372 RCG

Chaplain Chung
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Prevention specialists provide essential **support** to geographically dispersed recruiters and their families, offering **care, guidance** on personal and family readiness, and sharing **knowledge** of community and DoD resources. Their services **benefit both units and families**, ensuring that no matter where members of AFRS are located, **help is always within reach.**

In addition to confidential counseling, the chaplain and prevention specialists can come for a visit to the unit to provide training, resources, and support in-person for the team.

Contact your Squadron's First Sergeant. If you are unsure, we can connect you if you email AFRSLeadSpouse@gmail.com.

Please reach out to one of these contacts today. Do not wait for connection and support. Take that step now.

ADDITIONAL RESOURCES

Free **confidential** counseling sessions are offered through MilitaryOneSource.com and TRICARE.mil/mentalhealth.



AFRS Family Guide, www.AFRSfamily.com/familyguide, has resources on page 31, 32, 44, 46, and 50.

