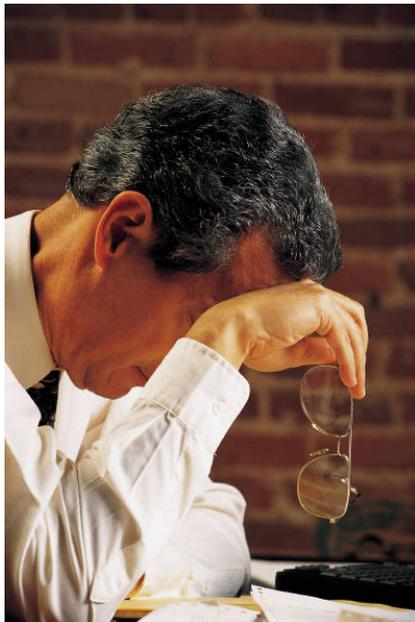


**Need help? Stressed out? Know someone who is...  
There's help available**



- *All services listed are confidential. The level of confidentiality varies from service to service. Inquire as to the limits of confidentiality when you talk with the service provider.*
- *Eligibility requirements (i.e.: Active Duty status, Family Members, Cadets, DoD Civilians, Retirees) can be addressed directly with the service provider.*

Other important numbers:

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Notes:

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**ARMY**  
*One Source*

Phone calls and emails answered live by master's level consultants 24 hours a day, 7 days a week, 365 days a year. Free, short-term, face-to-face counseling available in the local community for eligible persons.

**From the US call:  
1-800-464-8107 or visit  
[www.armyonesource.com](http://www.armyonesource.com)  
User ID: army  
password: onesource**

Need help but don't  
Know where to turn?

# West Point

## MENTAL HEALTH & WELLNESS RESOURCE GUIDE



### **Community Mental Health (CMH)**

Services include: psychiatric assessment, individual & group psychotherapy, psychiatric medication management, consultation to medical staff, psychological testing & crisis intervention. Post Traumatic Stress Disorder Support Group for Active Duty (Bldg 606)

•CMH 845-938-3441  
[www.usma.edu/Meddac/services/pricare/CMH.htm](http://www.usma.edu/Meddac/services/pricare/CMH.htm)

### **Social Work Services (SWS)**

Short-term individual & marital therapy. Spouse & child abuse assessment & clinical treatment. Crisis intervention & counseling for suspected family violence & sexual assault provided 24/7 (Bldg 606)

•SWS 845-938-3441

### **Keller Army Community Hospital (KACH) (Bldg 900)**

Emergency Room 845-938-4004  
Information Desk 845-938-5169  
Ambulance/Fire/Police 911  
[www.usma.edu/Meddac/index.htm](http://www.usma.edu/Meddac/index.htm)

### **TRICARE**

To make an appointment at KACH:  
845-938-7992 local callers  
800-552-2907 non-local callers  
[www.tricareonline.com](http://www.tricareonline.com)

Health Net Customer Service 1-877-TRICARE

### **Alcohol & Drug Control Office (ADCO) Employee Assistance Program (EAP)**

Provides short-term counseling/assistance to adults relating to alcohol & substance abuse, job stress, emotional or behavioral problems, family or financial issues & other adult life problems. Referrals to other medical/clinical agencies on or off post if applicable (Bldg 606)

•ADCO 845-938-2462  
•EAP 845-938-5847

### **Army Substance Abuse Program (ASAP)**

Provides substance abuse screening & assessment; individual, family & group counseling on an outpatient basis. Provides referrals for inpatient substance abuse treatment, medical care & medication management (Bldg 606)

•ASAP 845-938-7691  
[www.usma.edu/Meddac/services/pricare/CCC-ADAPC.htm](http://www.usma.edu/Meddac/services/pricare/CCC-ADAPC.htm)



### **Army Community Service's (ACS) Family Advocacy Program (FAP)**

Life skills educational programming consisting of Parenting, Couples Communication Skills, Anger & Stress Management (Bldg 622)

•FAP Manager 845-938-3369  
•FAP Educator 845-938-5657  
•Main ACS Office 845-938-4621  
[www.usma.edu/mwr/ACTIVITY/ACS/WPACS.HTM](http://www.usma.edu/mwr/ACTIVITY/ACS/WPACS.HTM)

### **Chaplains**

Provides pastoral care, counseling & guidance

•Catholic Chapel 845-938-3721/8760 (Bldg 699)  
•Community Chapel 845-938-2003/3504 (Bldg 692)  
•Jewish Chapel 845-938-2710/2766 (Bldg 750)  
[www.usma.edu/Chaplain](http://www.usma.edu/Chaplain)

### **West Point School (WPS) Counselors**

Educational interventions, counseling support, behavioral, medical & academic screenings. Psycho-educational evaluations provided when warranted

•WPES (Bldg 705A) 845-938-2313  
•WPMS (Bldg 705) 845-938-6084

**Army Benefits Center (Civilian): 1-877-276-9287**