



TRIAL DEFENSE SERVICE
FORT HUACHCUA FIELD OFFICE



INFORMATION PAPER

Available Resources to Cope with Stress

Legal troubles are often stressful, but there are a number of healthy ways to cope with this stress. There are a variety of agencies that can help you develop the skills you may need to cope effectively. If you have any questions about confidentiality, feel free to discuss them with your attorney.

RESOURCES

- **Chaplains/Clergy (520) 533-4748/4711** have confidentiality (like attorneys) and are trained to help you with 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 conscious or faith.
- **Military One Source** provides several counseling options such as telephonic, online and/or face-to-face counseling, to include a crisis line. You can call a consultant at **1-800-342-9647** or www.militaryonesource.mil.
- **National Suicide Prevention Lifeline.** If you are ever feeling desperate, alone or hopeless you can call the National Suicide Prevention Lifeline at **1-800-273-TALK (8255)**. This is a free, confidential, 24-hour hotline available to anyone in suicidal crisis or emotional distress. You can also reach them at www.suicidepreventionlifeline.org.
- **Veterans Crisis Line** connects Soldier veterans in crisis and their families and friends with qualified, caring responders through a confidential toll-free hotline, online chat, or text. You can call **1-800-273-8255** and press 1, chat online at www.veteranscrisisline.net, or send a text message to **838255** to receive confidential support 24 hours a day, 7 days a week.
- **Installation Mental Health Clinic or Provider at 520-533-5161** provides licensed psychologists, psychiatrists and social workers to assist you. In addition to you seeking services on your initiative, your command may also refer you to a mental health evaluation if they believe you to be a danger to yourself.
- **Military Family Life Consultants (520) 405-2008** are licensed clinical counselors providing free, confidential support to Soldiers and their families.

Remember: You are a valuable person and member of the Army and we are committed to providing you services and support during this stressful time. If you have any questions concerning this information, please our office at (520) 533-5370.