

On-Base Resources to Help You Thrive

Hill AFB Support Agencies and Programs

- Airman and Family Readiness Center (AFrC): (801) 777-4681 or www.75fss.com/airman-family-readiness-center
- ADAPT: (801) 777-7909
- Behavioral Health Optimization (BHOP): (801) 586-2273
- Chapel: (801) 777-2106 / After Hours Chaplain Services (801) 777-3007
- Civilian Health Promotion Services (CHPS): (801) 586-9586
- Command Post: (801) 777-3007
- Domestic Abuse Victim Advocate (DAVA) 24 Hour Hotline: (385) 209-1811
- Employee Assistance Program (EAP): 1-866-580-9078 or www.afpc.af.mil/eap
- Equal Opportunity (EO): (801) 777-4856
- Family Advocacy Program: (801) 777-3497
- Inspector General: (801) 777-5305
- Health Promotion: (801) 777-1215
- Mental Health Clinic: (801) 777-7909
- New Parent Support Program: (801) 777-0634
- School Liaison Officer: (801) 777-5960
- Sexual Assault Prevention and Response (SAPR): (801) 777-1985 or (801) 777-1964
- Victim Witness Assistance Program: (801) 777-6756

Base Resources:

- Base Relocation Guide: mybaseguide.com/installation/hill-afb
- Telephone Directory: www.hill.af.mil/Portals/58/documents/Hill-AFB-Telephone-Quick-Reference-Guide.pdf

Occupational Wellness Programs and Services:

- AFMC Federal Civilian WorkLife4You Program (use code: USAF): www.worklife4you.com
- Career Developmental Plan: myvector.us.af.mil/myvector/PublicHome/MyDevelopmentPlan
- Education & Training: www.75fss.com/force-development
- Employment Verification Process: www.hill.af.mil/About-Us/Fact-Sheets/Display/Article/1701383/employment-verification-process
- Mentorship Opportunities: myvector.us.af.mil/myvector/PublicHome/ManageConnections
- Military Career Assistant Advisors: (801) 777-9573

Financial Programs and Services:

- AFrC Personal Financial Management Program: (801) 777-4681
- Thrift Savings Plan (TSP): 1-877-986-3778 or www.tsp.gov/index.html

Legal Programs and Services:

- Area Defense Council: (801) 777-2940
- Office of Special Investigations (OSI):
- Hill AFB Legal Office: (801) 777-6756

Base Housing:

- Housing Management Office (HMO): (801) 777-1840
- Housing Privatization Office (BHMH): (801) 784-5600 or www.bhmf.com
- Housing Privatization Maintenance: (801) 825-9392
- Unaccompanied Housing: (801) 777-0709

Spouse Programs:

- Key Spouse Program: www.facebook.com/KeySpouseProgram

Youth Programs:

- Child Development Center (CDC): www.75fss.com/child-development-centers
- Family Child Care (FCC): (801) 777-0695 or www.75fss.com/family-child-care
- Youth Center: (801) 777-2419 or www.75fss.com/youth-program

Veterinary Services:

- Veterinary Treatment Facility: (801) 777-2611

Social Wellness Programs and Services:

- A2D2: (801) 777-111
- 75 FSS Events Calendar: www.75fss.com/75-fss-events
- Community Calendar: www.75fss.com/community-calendar
- Private Organizations: www.75fss.com/private-organizations
- Retirees Activities Office: (801) 777-5735 or www.hill.af.mil/About-Us/Retirees
- Special Morale & Welfare Program: www.75fss.com/special-morale-welfare-program
- The Landing: (801) 777-3841 or www.75fss.com/the-landing

Intellectual Wellness Programs and Services:

- Arts & Crafts Center: www.75fss.com/arts-crafts-center
- Civilian Training Office: (801) 777-9154
- Embry-Riddle Aeronautical University: (801) 777-0952
- Library: (801) 777-2533 or www.75fss.com/gerrity-memorial-library
- Military Education Office: (801) 777-2710
- Park University: (801) 777-9992
- Webster University: (801) 779-2061

Physical Wellness Programs and Services:

- Bowling Center: (801) 777-6565
- Fitness Classes & Programs: www.75fss.com/fitness-classes-and-programs
- Golf Course Club House: (801) 777-3272
- Tinker AFB Health Promotion: <https://usaf.dps.mil/sites/TMC719265/HealthPromo>
- Outdoor Recreation: www.75fss.com/outdoor-recreation
- Virtual Group Lifestyle Balance (GLB) Program: rachel.sharber.ctr@mail.mil

Off-Base Resources to Help you Thrive

Resilience and Suicide Prevention Resources:

- Air Force Resilience Website: www.resilience.af.mil
- AFMC Connect: <https://cs2.eis.af.mil/sites/22370/AFMCWingmanDay>
- Disaster Distress Helpline: 1-800-985-5990 **or** text TalkWithUs to 66746
- Family Suicide Prevention Training: wingmanonline.org/Programs/VideoModules
- Mental Health First Aid: www.mentalhealthfirstaid.org
- Military Crisis Hotline: 1-800-273-8255, Press 1 **or** text 838255 **or** www.militarycrisisline.net
- National Suicide Hotline: 1-800-273-8255 **or** suicidepreventionlifeline.org
- Resilience Video 1: www.youtube.com/watch?v=FRPLi9incbY&feature=youtu.be
- Resilience Video 2: www.dvidshub.net/video/692598/helping-agencies-psa-series-ive-got
- Spouses Resilience Toolkit: spousert.wpengine.com
- Utah 2-1-1: www.211utah.org

Emotional Wellness Resources:

- Adult Coloring Sheets: www.justcolor.net
- Anxiety Panic Attack Resource Site: adaa.org/understanding-anxiety/panic-disorder
- Asian Mental Health Project: asianmentalhealthproject.com
- Black Mental Wellness: www.blackmentalwellness.com
- Defense Centers of Excellence for Psychological Health & Traumatic Brain Injury 24/7 Outreach: 1-866-966-1020
- E-Couch: ecouch.anu.edu.au
- Happify: www.happify.com
- How Right Now: www.cdc.gov/howrightnow
- Insight Timer: insighttimer.com
- Mental Health America: www.mhanational.org
- Mental Health Screening Tools: screening.mhanational.org/screening-tools
- Military One Source Counseling for Stress: www.militaryonesource.mil/confidential-help/non-medical-counseling/military-onesource/military-counseling-for-stress
- National Alliance on Mental Illness (NAMI): www.nami.org
- National Council for Behavioral Health: www.thenationalcouncil.org
- National Sexual Assault Hotline: 1-800-656-4673 **or** www.rainn.org
- Open Path Collective, non-profit mental health professionals providing low cost services: openpathcollective.org
- Postpartum Support International: www.postpartum.net
- Racial Trauma Guide: psychology.uga.edu/racial-trauma-guide
- Self-Reflection Journal Prompts: psychcentral.com/blog/30-journaling-prompts-for-self-reflection-and-self-discovery
- Stress Mastery Recharge Tool Kit: www.synergyprograms.com/offers/mxF96uCF
- Taking care of your mental health in the face of uncertainty: afsp.org/story/taking-care-of-your-mental-health-in-the-face-of-uncertainty

COVID-19 Related-Stress Websites, Free Apps, and Tips:

- Calm: www.calm.com/blog/take-a-deep-breath
- COVID Coach: mobile.va.gov/app/covid-coach
- Happify: www.happify.com
- Headspace: www.headspace.com
- One Mind Psyberguide: www.onemindpsyberguide.org
- Sanvello: www.sanvello.com
- Wysa: www.wysa.io

Social Wellness and Relationship Resources:

- 20 Active Ways to Be Social at Work: www.acefitness.org/education-and-resources/lifestyle/blog/6739
- Air Force Gaming: airforcegaming.com
- Active Listening: www.verywellmind.com/what-is-active-listening-3024343
- American Association for Marriage and Family Therapy (AAMFT): www.aamft.org
- Appreciative Inquiry: www.centerforappreciativeinquiry.net/more-on-ai/the-generic-processes-of-appreciative-inquiry
- *Blind Spot* by Mahzarin R. Banaji and Anthony G. Greenwald
- *Bridging Differences: Effective Intergroup Communication* by William B. Gudykunst
- Culture is Like an Iceberg Exercise: www.peacecorps.gov/educators/resources/culture-iceberg
- DoD Safe Helpline: 1-877-995-5247 or www.safehelpline.org
- DoD Sexual Assault Victim Assistance: www.sapr.mil/victim-assistance
- Dr. Marshall Rosenberg's Center for Non-Violent Communication: www.cnvc.org/home
- *Everyday Bias: Identifying and Navigating Unconscious Judgements in Our Daily Lives* by Howard J. Ross
- Five & Thrive: www.fiveandthrive.org
- Gottman Institute, a science-based support for couples: www.gottman.com
- Healthy Social Media Use: news.mit.edu/2020/mindhandheart-nine-tips-healthy-social-media-use-0123
- Implicit Association Test (Social Attitudes) - Project Implicit: implicit.harvard.edu/implicit
- Loneliness Quiz: psychcentral.com/quizzes/loneliness-quiz
- Male Survivors of Sexual Assault: www.brown.edu/campus-life/health/services/promotion/sexual-assault-dating-violence-get-help/male-survivors
- Military One Source: 1-800-342-9647 or www.militaryonesource.mil
- Self-Compassion: www.self-compassion.org
- Social Wellness Strategies: ala-apa.org/wellness/strategies-for-building-social-wellness
- Stay Connected While Social Distancing: www.templehealth.org/about/blog/5-tips-staying-connected-while-social-distancing
- Stronghearts Native Helpline: 1-844-762-8483 or strongheartshelpline.org
- Test Yourself for Hidden Bias: www.tolerance.org/professional-development/test-yourself-for-hidden-bias
- USO: www.uso.org

Deployment Resources:

Family:

- American Red Cross Deployment Services: www.redcross.org/get-help/military-families/deployment-services.html
- Coping with Deployment Free Online Course: <https://arc.csod.com/selfreg/register.aspx?c=edge%20ext>
- Deployment Resources for Kids: www.deploymentkids.com
- Family Deployment Information: survivingdeployment.com
- Military One Source Deployment Resources: www.militaryonesource.mil/deployment-resources
- National Military Family Association: www.militaryfamily.org/info-resources/deployment
- Operation Homefront: www.operationhomefront.org
- Operation We Are Here: www.operationwearehere.com/Children.html
- Preparing your relationship for deployment: www.gottman.com/blog/how-to-prepare-your-relationship-for-military-deployment

Pets:

- American Humane Fostering Military Pets: 1-800-227-4645 or americanhumane.org/fostering-military-pets
- Dogs on Deployment: (619) 800-3631 or www.dogsondeployment.org
- Military Foster Program – PACT for Animals: (610) 581-4141 or pactforanimals.org/military-foster-program

After Deployment:

- After Deployment: www.afterdeployment.org
- Military Pathways, anonymous mental health self-assessment for family members and military members: screening.mentalhealthscreening.org/Military_NDSD
- Real Warriors: www.realwarriors.net
- Traumatic Brain Injury - The Journey Home: www.traumaticbraininjuryatoz.org

Financial Wellness Resources:

- Balance Financial Fitness: 1-888-456-2227 or www.balancepro.org
- Clark Howard Financial Advice: www.clark.com
- EveryDollar Budgeting Made Easy: www.everydollar.com
- Military Saves: www.militarysaves.org
- National Foundation for Credit Counseling: www.nfcc.org
- National Association of Personal Financial Advisors: www.napfa.org
- Quicken: www.quicken.com
- USAA Personal Financial Plan: 1-800-292-8482 or www.usaa.com/inet/wc/advice_finances_personal_financial_plan

Occupational Wellness Resources:

- Brené Brown Dare to Lead: daretolead.brenebrown.com
- Career Counseling: www.careers.org
- Define Your Leadership: www.growingatwork.com/course-page
- DoD Civilian Developmental Education (CDE): myvector.us.af.mil
- Enlisted Professional Military Education (EPME): www.afpc.af.mil/Force-Development/EPME
- eSchool of Graduate Professional Military Education (PME): www.airuniversity.af.edu/eSchool
- Franklin Covey Leadership Tips: resources.franklincovey.com/franklincovey-leadership-tips
- Imperfect: Heart-Centered Leadership Podcast: anchor.fm/deb-crowe
- National Career Development Association: www.ncda.org/aws/NCDA/pt/sp/home_page
- Profession of Arms Center of Excellence (PACE): www.airman.af.mil
- SEAC Colon-Lopez Carnivore Leadership Vol 1 - Silver Bullets: afspecialwarfare.com/pararescue-chief-czs-carnivore-leadership-vol-1-silver-bullets
- Turbo Tap: www.turbotap.org
- Watch "What Is Your Legacy" Video: www.youtube.com/watch?v=s9Dx0YHA5-w

Intellectual Wellness Resources:

- Air Force Quarantine University: www.facebook.com/groups/574695376589462
- Air University (AU) Press: www.airuniversity.af.edu/AUPress/Articles
- Coursera, build skills with courses, certificates, and degree programs: www.coursera.org
- Craftsy: www.craftsy.com
- CMSAF Reading List: static.dma.mil/usaf/csafreadinglist/cmsaf.html
- LinkedIn Learning: www.linkedin.com/learning
- New York Times Crossword Puzzle: www.nytimes.com/crosswords
- Retreat Finder: www.retreatfinder.com
- SEAC Colon-Lopez Reading List: www.jcs.mil/Portals/36/Documents/SEAC%20Reading%20List%202020.pdf
- Ted Talks: www.ted.com
- Unlocking Us with Brené Brown: www.spotify.com/show/4P86ZzHf7EOIRG7do9LkKZ
- Weber County Library System: www.weberpl.lib.ut.us

Spiritual Wellness Resources:

- Air Force Chaplain Corps Podcast: podcasts.apple.com/us/podcast/air-force-chaplain-corps/id1396523955
- Air Force Chaplain Corps Resiliency Page: www.resilience.af.mil/chaplain-corps
- Black Lives Matter Meditations: soundcloud.com/drcandicenicole/black-lives-matter-meditation-for-healing-racial-trauma
- Faith Works: www.youtube.com/playlist?list=PL2eDVPxzNX0nZ5NB70K0_TS-M0tcMylMe
- Humankind: www.humanmedia.org
- Listing of Churches and Religious Centers: www.churchfinder.com/churches/ok/oklahoma-city
- Marketplace Faith: www.patheos.com/blogs/marketplacefaith
- Mindfulness: www.mindful.org
- Mindful Moment Tools: <https://navstress.wordpress.com/2020/08/31/tools-to-try-when-you-need-a-mindful-moment>
- Mission:Work: www.patheos.com/blogs/missionwork
- On Being: onbeing.org
- Spiritual & Health Magazine: spiritualityhealth.com
- Spirituality & Practice: www.spiritualityandpractice.com

Physical Wellness Resources:

- Active & Fit Direct, digital workout classes: www.activeandfitdirect.com
- AFMC PTL Guide: www.afmc.af.mil/Portals/13/AFMC_physical_training_leaders_guide%281%29%20%28006%29_1.pdf
- American Cancer Society: www.cancer.org
- American Heart Association: www.heart.org
- Commissary Meal Solutions: www.commissaries.com/recipes/all-recipes
- Choose My Plate, building healthy eating habits and get nutrition tips: www.choosemyplate.gov
- Get Into Fighting Weight: a Total Force Fitness Guide: www.hprc-online.org/total-force-fitness/fighting-weight
- Healthy Meal Planning: www.healthymealplans.com
- Human Performance Resources by CHAMP: www.hprc-online.org
- National Council on Alcoholism and Drug Dependence, Inc.: cosanccadd.org
- National Sleep Foundation: www.sleepfoundation.org
- Military One Source Health Coaching: 1-800-342-9647
- MissionFit App: Free 12-week exercise program available in the [App Store](#) and [Google Play](#)
- Nicotine Anonymous: nicotine-anonymous.org
- Operation Supplement Safety, DoD dietary supplement resource: www.opss.org
- Own Your Limits, DoD educational campaign for responsible drinking: www.ownyourlimits.org
- Quit Tobacco During Stressful Times: truthinitiative.org/research-resources/quitting-smoking-vaping/tips-quitting-tobacco-during-times-stress
- Smokefree: www.smokefree.gov
- Start Simple with MyPlate available in the [App Store](#) and [Google Play](#)
- Tai Chi/Qi Gong: www.feeltheqi.com
- Thinking Outside the Box Recipes: www.commissaries.com/healthy-living/healthy-eats
- Thrive Global: www.thriveglobal.com
- Too Much To Lose, DoD educational campaign on prescription and illicit drug misuse: www.toomuchtolose.org
- Truth Initiative's Quit Smoking and Vaping Tools: truthinitiative.org/what-we-do/quit-smoking-tools
- This is Quitting: Text DITCHVAPE to 88709
- Utah Tobacco Quit Line: 1-800-Quit Now or www.waytoquit.org
- USAFWellness: www.usafwellness.com
- YMCA of Northern Utah: www.ymcautah.org
- Yoga Journal: www.yogajournal.com
- YouCanQuit2, DoD educational campaign to quit tobacco: www.ycq2.org