

## Military One Source

Provides free non-medical, confidential, private, and short-term counseling services for Active-Duty Service members and their families.

### Who

- Individuals
- Couples
- Families
- Children

### Delivery Options

- Face to Face
- Telephone
- Online Chat
- Video

### Services

- Coping and stress
- Family concerns
- Marital communication
- Family separations
- Parent and child communication
- Deployment and reunion

- Grief and loss

### Contact

- 800-342-9647

## Child Resources

### Child MFCL

- School adjustment
- Deployment and reintegration adjustment
- Parent-child communication
- Resolving conflict
- Managing anger
- Bullying
- Behavioral management techniques
- Enhancing sibling & parental relationships
- Stress management

### Contact

- 270-855-1082

### DoDEA School Services

#### Fort Knox Middle High School

- 502-624-7030

#### Van Voorhis Elementary

- 502-624-5854

#### Kingsolver Elementary

- 502-626-2500

## Crisis Phone Numbers

**Suicide & Crisis Lifeline:** 988

**Emergency On/Off Post:** 911

**National Suicide Prevention Lifeline:**  
988 or  
1.800.273.8255

**VA Crisis Line:** 1.800.273.8255

**Military Police:**  
502.624.6847 (Fort Knox)

**Domestic Violence/Sexual Assault:**  
502.851.3779  
1-800-799-SAFE (7233)

**Family Advocacy Program**  
502.624.5970/8391

**Army Substance Abuse Services:**  
502.624.1532

**TRICARE East:**  
1.800.444.5445

### Mental Health 24hr Walk-in

\*No Referral Needed\*

Lincoln Trail behavioral Health  
270.351.9444  
3909 S Wilson Rd Radcliff KY 40160

Baptist Health Hardin Emergency Room  
270.706.1212  
913 N Dixie Hwy, Elizabethtown KY 42701



## Fort Knox Mental Health Resources



## Military & Family Life Counselor

- MFLC provides non-medical short-term counseling and situational problem-solving counseling to service members and their families.
  - Provides psycho education to help service members and their families understand the impact of stress, deployments, family reunions following deployments and the stresses of military life.
- \*Does not affect security clearance or schools' status\*

- Unit based MFLC POC's are Masters, Ph.D. and licensed clinical counselors
- Services**
- Anger management
  - Parenting
  - Relationship issues
  - Decision Making skills
  - Work Productivity
  - Deployment Stress
  - Reintegration
  - Relocation Adjustment
  - Loss & Grief

**Contact**  
➤ 270-855-1082

## Army Wellness Center

- The mission of the AWC is to empower healthy behavior change through standardized, evidence-based health education/coaching, and advanced testing technology.
- Eligibility: Member of the armed forces, their family members, retirees or DOD civilians.

- Services**
- Weight management
  - Exercise testing
  - Stress management
  - Sleep education
  - Into to biofeedback
  - General wellness education

**Location**  
Bldg 1489 545 Eisenhower Ave.  
Fort Knox, KY 40121  
502-626-0408 to set up a screening

## Ireland Mental Health

**Mission**  
Support mission readiness through delivery of high quality of mental healthcare for the Soldiers of Fort Knox.

\*No Referral Needed\*

- Services**
- Medication management
  - Individual and group counseling
  - Evaluations: (Chapters, Schools, Command Directed)
  - Safety Assessments
  - SUDCC
  - FAP

Hours	Location
Monday - Friday 0730-1630	Bldg.871 200 Brule ST, FT Knox Ky,40121
Every 1 <sup>st</sup> & 3 <sup>rd</sup> THU 1200-1630	502.626.9891/9892

Walk-in services available 07:30-16:30

## Ireland Primary Care

- Licensed Clinical Social Worker
- Acute behavioral health inside primary care providing short-term counseling.
- Eligibility: Members of the armed forces and their family members.

- Services**
- Individual counseling
  - Sleep group

Hours	Location
Monday - Friday 0730-1630	Bldg.871 200 Brule ST, FT Knox Ky,40121
Every 1 <sup>st</sup> & 3 <sup>rd</sup> THU 1200-1630	502.626.9743/9744

## Religious Service Office

- Services**
- Chaplain's provide counseling to Soldiers, dependents, and DA civilians. Common areas for counseling include; suicidal ideation, grief, stress, marital/pre-marital, spiritual/religious, unit issues, family related issues and ,  
OPTEMPO. **Contact:** 502-624-5255

## Army Community Services

- Education, and Outreach Classes**
- Anger and Conflict Solutions
  - Stress Solutions
  - Couples Enrichment Workshop
  - It Takes Two (Couples Class)
  - Financial Readiness Program
  - Newborn Care Classes
  - New Parent Support Program

**Location**  
1477 Eisenhower AVE, FT Knox, KY 40121  
Register online at [knox.armymwr.com](http://knox.armymwr.com) or call  
502.624.8391

## Additional Services

- Legal Services/JAG**
- Bldg 1310
  - 502-624-2771
- Lending closet**
- Borrow housekeeping essentials
  - 502-624-8391

- MEB counsel office**
- Bldg 853
  - 502-624-2310

- EFMP**
- 502-624-4067

- VA/DOD Liaison**
- Bldg 853, Rm 207
  - 502-624-2290

- Army Emergency Relief**
- 502-624-4067

- Ft Knox Red Cross**
- Bldg 1131
  - 502-624-2163

- BOSS Program**
- (502) 624-1413

- Ombudsman**
- 931-249-8299