

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 MFLC

- 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

DoWEA 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
502.626.9884

Army Substance Abuse Services:
502.624.1532

TRICARE East:
1.800.444.5445

Mental Health 24hr Emergency Services

No Referral Needed

Lincoln Trail Behavioral Health Services
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, 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 st & 3 rd THU 1200-1630	502.626.9891/9892

Walk-in services available 09:00-15:00

Ireland Primary Care

- Licensed Clinical Social Worker
- Acute mental 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 st & 3 rd 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 or call
502.624.8391

Additional Services

- Legal Services/JAG**
- Bldg 1310
 - 502-624-2771

- Ombudsman**
- Serna, Rito
 - 931-249-8299

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

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

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

