

Fort Knox Behavioral Health Resources



IRAHC Behavioral Health

Mission

Support mission readiness through delivery of high quality, behavioral 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 07:30-16:30

IRAHC 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 st & 3 rd THU 1200-1630	502.626.9743/9744

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

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



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

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
502.626.9884

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

