

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
502.624.5970/8391

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 Behavioral 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 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

Monday - Friday
0730-1630
Every 1st & 3rd THU
1200-1630

Location

Bldg.871 200 Brule
ST, FT Knox Ky,40121
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

Monday - Friday
0730-1630
Every 1st & 3rd THU
1200-1630

Location

Bldg.871 200 Brule
ST, FT Knox Ky,40121
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

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

Lending closet

- Borrow housekeeping essentials
- 502-624-8391

EFMP

- 502-624-4067

Army Emergency Relief

- 502-624-4067

BOSS Program

- (502) 624-1413

Ombudsman

- 931-249-8299