

Resources and services for military, family members, veterans and others in the military community are available to help people overcome the stresses and challenges related to COVID-19.

Locally, Military and Family Life Counselors are available for telehealth appointments and possibly face-to-face sessions if permitted. Africa Logan is available for adults by calling 940-304-7246, and Cat Quinn is available for children by calling 940-882-0890.

Several other programs are available to assist people, including:

[Military One Source](#) – A resource website providing 24/7 support for **military** personnel, spouses, family members and survivors on a variety of topics including COVID-19.

[Give an Hour](#) – Free and confidential mental health care to those who serve, our veterans, and their families. They have provided 311,000 hours of care as of today.

[Vets for Warriors](#) – Provides confidential peer support to any veteran, service member, family member, or caregiver whenever they have an issue. The peer counselor will connect the individual to needed resources and will stay connected with the individual until the issue is resolved.

[AF Employee Assistance Program](#) – This is for AF Civilians, NAF and their family members. There are a variety of services available to include coaching, counseling, online programs, work-life services, legal assistance, financial coaching, and senior care.