

# INITIAL COUNSELING RESOURCES

- Education Office: 575-572-3971 email: [49FSS.SSDE.educationoffice@us.af.mil](mailto:49FSS.SSDE.educationoffice@us.af.mil)
- Sexual Assault Prevention & Response (SAPR) **24/7**: 575-572-8789
- Mental Health: 572-5676
- Career Advisor: 575-572-5512
- VA: 800-827-1000
- American Job Centers (AJC): [www.careeronestop.org](http://www.careeronestop.org)
- Military OneSource: [www.militaryonesource.mil](http://www.militaryonesource.mil) 800-342-9647
- My Air Force Benefits: <https://www.myairforcebenefits.us.af.mil> 888-721-2769

## ADDITIONAL RESOURCES:

- Separation History Physical Examination (SHPE): 575-572-4314
- VA Benefits Advisor: 571-461-8607, Mr. Ronnie Ferrell
- Family Advocacy: 575-572-7061
- Veteran's Service Officer (VSO): 575-437-4635, Mr. Dave Henley
- NM Workforce Connection: 575-437-9210
- Military & Family Readiness Center: 575-572-7754
- Military Family Life Consultant: 571-778-9186
- Veterans Crisis Line: 1-800-273-8255 and **PRESS 1**
- National Suicide Hotline: 1-800-784-2433
- TREVOR Project LGBTQ (**24/7**): 1-866-488-7386
- National HELPLINE-Mental Health & Addiction:  
1-800-662-4357
- DoD Safe Helpline:  
[www.safehelpline.org](http://www.safehelpline.org) | 1-877-995-5247 | TEXT: 55-247
- HUD Veteran Resource Center (HUDVET): 1-877-424-3838
- State/Local Health Care/Mental Health Services: [www.statelocalgov.net](http://www.statelocalgov.net)