



# NEW HAMPSHIRE NATIONAL GUARD OFFICE OF SERVICE MEMBER AND FAMILY SERVICES

## IMPORTANT PHONE NUMBERS AND SERVICES

### SMFS RESOURCE AND REFERRAL SUPPORT

877-598-0666

Web: <https://www.nh.ngb.army.mil/families/familyhome>

Facebook: <https://www.facebook.com/NHNGfamilyprogram>

### FAMILY PROGRAMS

Assisting Leadership, Unit Commanders & Service Members by providing the resources, support, and training needed to innovatively empower Military Family self-reliance during all phases of the deployment cycle, including: federal, state, & training missions; and to continuously improve communication through Family Readiness, Family Assistance & Youth Support.

#### Family Assistance Centers (FAC)

Concord: 603-225-1203  
Nashua: 603-715-3127  
Portsmouth: 603-715-3730  
Manchester: 603-715-3106  
Littleton: 603-715-3454

FAC Coordinator: 603-227-5175

Senior FRSA  
603-227-1488

Family Readiness Support Assistant  
603-715-3108

Airman and Family Readiness Program Manager  
603-430-3545

### CARE COORDINATION PROGRAM

The beneficiaries of the Care Coordination Program are all National Guardsmen, Reservists, and Active Duty Service Members and their families who are geographically separated from military installations and live or work in the State of New Hampshire. Care Coordinators work one-on-one with Service Members and their Families, in their homes or local region, to Provide direct counseling, needs assessment, service coordination, referrals and linkage to Veteran and community programs.

Office: 888-989-9924

### TRANSITION ASSISTANCE ADVISOR

VA/Tricare and benefit trained expert; providing education, advocacy and assistance with Federal and State benefits & resources for all branches, including Retirees and Family Members in NH.

Office: 603-225-1309

### YELLOW RIBBON PROGRAM

The Yellow Ribbon Reintegration Program helps National Guard Service Members and their Families connect with the many resources available to them, before, during, and after deployments.

Army: 603-225-1889

Air: 603-430-3272

### ARMY SUBSTANCE ABUSE PROGRAM (ASAP)

The mission of the ASAP is to provide prevention training, promote peer family and peer support through education, and provide treatment resources to increase military discipline, individual performance, and combat readiness and resilience.

Office: 603-227-5086

### SEXUAL ASSAULT PREVENTION AND RESPONSE PROGRAM

Through preventative education, civilian partnerships, bystander intervention, and victim advocacy, SAPR empowers Service Members to report incidents they've experienced, and recognize when they or someone they know may be in a dangerous situation.

Army: 603-856-6700

Air: 603-812-1239

DoD Safe Helpline: 877-995-5247

### SUICIDE PREVENTION

There is no shame in reaching out for help! Do not wait to work on problems. Having serious suicidal thoughts is a medical emergency. Call 9-1-1 or the

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Veterans Crisis Line  
800-273-8255

Suicide Prevention Program Manager  
603-227-1450

### CHAPLAIN OFFICE

Providing spiritual and emotional support and guidance to Service Members and Families through all stages of deployment and in all stages of life.

Army: 603-227-1560

Air: 603-430-3456

### PSYCHOLOGICAL HEALTH PROGRAM

The mission of the National Guard Psychological Health Program is to advocate, promote, and guide National Guard Members and their Families by supporting psychological fitness for operational readiness.

- Assessments
- Referral services
- Behavioral Health resources
- Critical incident services
- Case Management services
- Commander Consultation

Army: Office: 603-227-1433

Air: Office: 603-430-3373

### MILITARY ONESOURCE

Confidential, non-medical counseling to address short term issues: face to face, online or on the phone.

[www.militaryonesource.mil](http://www.militaryonesource.mil)

Hotline: 800-342-9647

### EMPLOYER SUPPORT OF THE GUARD & RESERVE

ESGR develops and promotes employer support for Guard and Reserve Service Members by advocating relevant initiatives, recognizing outstanding support, increasing awareness of applicable laws and resolving conflict between employers and Service Members.

Office: 603-225-1892

[www.nhesgr.com](http://www.nhesgr.com)

### EMPLOYMENT SUPPORT PROGRAM (ESP)

Provides comprehensive career readiness through information and assistance such as building a resume, performing effective job searches, interviewing and networking as well as linking Service Members with military-friendly employers to promote a faster and more effective career development experience.

Office: 603-225-1342