

YOKOTA AIR BASE

WING HELPING AGENCIES DIRECTORY

Integrated Resilience Office
02 February 2024



YOKOTA EMERGENCY: 911 | **JAPANESE CELL:** 0425076560 | **US CELL:** 042-5522-510 EXT.911
YOKOTA URGENT CARE: 225-7740
YOKOTA COMMAND POST: 225-3740
YOKOTA MENTAL HEALTH: 225-3566
YOKOTA SAFE-RIDE: 225 RIDE (7433)
NATIONAL MILITARY SUICIDE CRISIS LINE: 988
NATIONAL DOMESTIC VIOLENCE HOTLINE: 800-799-7233
DoD SEXUAL ASSAULT SELF HELPLINE: 877-995-5247

HELPING AIRMEN IN DISTRESS

- **Mental Health:** 225-3566
- **ADAPT -** 225-8864
- **Chaplain:** 225-7009
After Hours: 090-2528-9597
- **Equal Opportunity:** 225-7008
- **24/7 Domestic Violence Advocate:**
070-1425-0987
- **Family Advocacy:** 225-3649
- **Inspector General Complaints:**
225-7522
- **Integrated Resilience Office:**
225-5505
- **Legal Office:** 225-8069
- **Military & Family Readiness Center:**
225-8725
- **24/7 Sexual Assault Prevention & Response Hotline:** 225-7272 or
090-3138-7250
- **True North Program Manager:** 225-3431
- **Victims' Counsel Office:** 225-8880
- **Yokota Red Cross:** 225-7522

FAMILY AND FRIENDS

- **Air Force Civilian Employee Assistance Program:** 1-866-580-9078
- **Chaplain:** 225-7009
After Hours: 090-2528-9597
- **Child and Youth Programs:** 225-7441
- **24/7 Domestic Violence Advocate:**
070-1425-0987
- **Family Advocacy:** 225-3649
- **Health Promotions:** 225-8322
- **Integrated Resilience Office:** 225-5505
- **International Marriage Seminar:**
225-8439
- **Legal:** 225-8069
- **Mental Health:** 225-3566
- **MFLC:** 225-8726 OR 042-507-6548
- **Military & Family Readiness Center:**
225-8725
- **Military OneSource:** 94-800-342-9647
- **School Liaison Program Manager:**
225-7917
- **True North Program Manager:**
225-3431
- **USO:** 225-6947
- **Victims' Counsel Office:** 225-8880
- **Women, Infants & Children (WIC):**
225-9426
- **YCAP:** 225-7227

FINANCIAL RESOURCES

- **Air Force Aid Society:** 225-8725
- **Air Force Employee Assistance Program:** 1-866-580-9078
- **Military & Family Readiness Center:** 225-8725
- **Military One Source:**
94-800-342-9647
- **American Red Cross Hero Care Center:** 1-877-272-7337.

ADDITIONAL SUPPORT

- Your Commander, 1st Sergeant, Supervisor, and Unit Key Spouses are also great sources of support and information.
- Chaplains provide **100% confidential** counseling and referral assistance to all community members regardless of faith preference.
- Military Family Life Consultants (MFLCs) provide **partial confidential** counseling and referrals
NOTE***MFLCs must report IDEATION of violence or harm towards self or others.***

YOKOTA OPERATOR: 225-1110 **FROM CELL:** 042-5522-510 + LAST 5 DIGITS