**Strong Bonds**: Provides an increase in individual Soldier and Family member readiness through relationship education and skills training.

**Military OneSource**: 800-342-9647 or Indiana – 317-432-5538.

**Military and Family Life Consulting (MFLC)**: 317-654-9201, 317-652-7252, 317-657-0309 - Provides free-of-charge, confidential counseling for service members and their Families. Must leave a message with name and phone number for a return call. Monday-Friday from 0800-1700.

**Personal Financial Consulting (PFC)**: 317-474-9182, PFC1.IN.NG@Zeiders.com – Provides free-of-charge assistance with budgeting, retirement and debt management.

**Soldier and Family Readiness Specialist (SFRS)**: 317-247-3300 x 61341 - Provides support and assistance to service members and their families with legal matters, finances, employment outreach, crisis resolution, benefits, ID cards, DEERS, and Tricare. Provides training, administrative, and logistical support to commanders, and volunteer FRG leaders. Connects soldiers and their families to unit FRGs. INNG Family Programs

**Indiana National Guard Relief Fund**: Contact Local FAS to Apply, 765-416-2989 - Provides financial grants to INNG service members and their Families encountering difficult situations.

**Star Behavioral Health**: - Provides veterans, service members and Families with BH professionals with specialized training in understanding and treating military. INNG Behavioral Health

**Employment Coordinators**: 317-247-3300 x 64349 or x 64342 **-** Provides assistance and resources to service members, veterans and their dependents seeking employment.

**Transition Assistance Advisors**: 317-752-7135 or 317-697-4740 - Assists in accessing benefits and healthcare services, and obtaining entitlements through Tricare and community resources.

**Yellow Ribbon Reintegration Program**: 317-247-3300 x 72602 or x 85463 - Provides a continuum of support throughout deployment cycles for units and Families.

**Substance Abuse Prevention Program**: 317-247-3300 x 77052 or x 64332 - Provides prevention education and referral resources to the INNG. Fairbanks *Free Assessment* - 317-572-9396

**Survivor Outreach Services**: Provides access to resources for survivor Families

Indianapolis – 317-247-3300 x 85457 (office); 317-501-1443 (cell)
Marion – 317-654-2454 South Bend – 574-309-8701
Lebanon – 317-864-6336 Linton – 317-501-1865

**INNG Youth Program** and **Operation Military Kids**: 317-247-3300 x 85441 or x 85481 - Provides support to the children, youth, and Families of all branches of the military during times of deployment, extended separation and normal day-to-day operations.

**INNG Legal Assistance**: 317-247-3300 x 73443 – Provides legal counseling and advice to the INNG and their dependents on divorce, child custody, lawsuits, civilian criminal cases, etc.

**Trial Defense Services**: 317-247-3300 x 73443- Provides specified military defense counsel services for the INARNG whenever required by law or regulation and authorized by the ARNG Trial Defense Service.

**Military Assistance Project (MAP)**: - Provides free civil legal, non-criminal advice and direct representation to low-income military members, veterans, and their dependents.

**Indiana Lawyers for Service Members**: - Statewide network of attorney volunteers who provide legal assistance for current and former members of our military and, in some cases, their Families.

**Education and Incentives**: 317-247-3300 x 77020 – Provides guidance and assistance to service members and their dependents with any education and incentive concerns.

**Army Wellness Center**: 317-247-3300 x 64325 – Provides metabolic testing, body composition, bio feedback, fitness testing, and education on wellness and tobacco for service members and their dependents free of charge with an appointment.

**Tricare Health Benefits**: 812-526-1218 or 812-526-1499 x62784 ng.in.inarng.list.health-benefits@mail.mil Provides guidance and assistance to service members, dependents, retirees with any eligibility, claims, LOD issues, etc., for Medical, Dental and Vision benefits.

# INDIANA NATIONAL GUARD RESOURCES

**24 Hour Help Lines**

CIT: 317-247-3114

SAPR: 317-247-3172

Domestic Violence Response: 317-247-3192

Veterans Crisis Line:
1-800-273-8255 Press 1
Text: 838255

National Suicide Prevention Hotline:
800-273-8255

INNG BH Access Line:
317-247-3155

Full Time Chaplain:
317-508-2573

Community Resources:
211

Crisis Text Hotline: 741741

LookUP Indiana:
800-284-8439
*lookupindiana.org*

Give an Hour:
*giveanhour.org*

**https://www.in.ng.mil**