

JCSE Helping Agency Quick Reference

For JCSE Personnel and their Families

JCSE Family Readiness Office

JCSE Family Contacts

JCSE Family Readiness Coordinator: Cindy Gierke 813-828-3050
 JCSE Chaplain: CH (CPT) Andrew Edwards 857-225-5860
 JCSE Equal Opportunity: Mark Carlson 813-828-0763
 MacDill AFB Legal Office 813-828-4421

MacDill AFB Helping Agencies

(Provides support to all Branches of Military Service)

[MacDill AFB Chaplains](#) 813-828-3621
[Military & Family Readiness Center](#) (Bldg. 18) 813-828-0145
 New Parent Support Program (MacDill Clinic) 813-827-9172
 Family Advocacy Outreach (MacDill Clinic) 813-827-9172
 MacDill Clinic Behavioral Health (MacDill Clinic) 813-827-9170
 VA Benefits Office (Bldg. 38 M&FRC) 813-828-8590
 FOCUS Counselor 813-981-4387
[Sexual Assault, Prevention, and Response](#) (Bldg. 1079) 813-828-2678
 24/7 SAPR Hotline 813-828-7272
[*Health Promotions](#) (HAWC)(Bldg. 303) 813-828-4739

**Access for all JCSE Employees some services are limited*

Military Family Life Consultant

MFLC provides support and counseling services to our AD Community. The MFLC can provide support to individuals, couples, families and groups.



Life Skills

- Anger Management
- Communication
- Relationship Issues
- Conflict Resolution
- Parenting
- Decision-making skills

Military Life style

- Deployment Stress
- Coping Skills
- Home-sickness
- Relocation Adjustment
- Reintegration
- Separation
- Building Resiliency
- Sadness, grief and loss

***Services are private and confidential; with the exception of child abuse, domestic abuse and duty to warn situations.*

MacDill M&FRC MFLC: 813-373-2529 or 813-388-0918

Local & National Helping Agencies

[Tampa Vet Center](#) 24/7 813-228-2621
[Military Crisis Line](#) 24/7 800-273-8255, or Text 838255
[Veterans Crisis Line](#) 24/7 800-273-8255, or Text 838255
[DOD Safe Helpline](#) 24/7 877-995-5247
[Real Warriors](#) 24/7 800-273-8255
[Childcareaware.org](#) 800-424-2246
[*Crisis Text Line](#) 24/7 Text 741741
[*Suicide Prevention Lifeline](#) 24/7 800-273-8255
[*Crisis Center of Tampa Bay](#) 24/7 Call 2-1-1

**Available to all JCSE Employees*



Military OneSource and military and family life counselors provide free, short-term, confidential non-medical counseling services for a wide range of issues from marital conflicts and stress management to coping with grief and deployment adjustments. www.militaryonesource.com or 1-800-342-9647

Eligibility for Non-medical Counseling

- Confidential non-medical counseling services are free and available to the following groups through Military OneSource and your installation's Military and Family Support Center:
- Active-duty service members and their immediate family members
- National Guard and reserve service members (regardless of activation status) and their immediate family members
- Designated Department of Defense expeditionary civilians and their immediate family members
- Survivors
- With eligibility to Military OneSource extending to 365 days after separation or retirement, service members and immediate family members have access to trusted and familiar programs and resources provided by the Department of Defense.