



DEPARTMENT OF THE ARMY
United States Army Trial Defense Service
Fort Lee Field Office
Fort Lee, Virginia 23801

ATCL-TDS

28 February 2013

MEMORANDUM FOR RECORD

SUBJECT: Available Resources to Cope with Stress

1. Legal troubles are often stressful, but there are a number of healthy ways to cope with this stress. There are a variety of agencies that can help you develop the skills you may need to cope effectively. I have listed some of them below. If you have any questions about confidentiality, feel free to discuss them with your attorney.

a. **Chaplains/Clergy (804-734-6494)** have confidentiality (like my office) and are trained to help you with problems you are facing, including spiritual counseling. There is an absolute privilege for all information confided in a chaplain or clergy as a formal act of conscience or faith.

b. **Military One Source** provides several counseling options such as telephonic, online and/or face-to-face counseling, to include a crisis line. You can call a consultant at 1-800-342-9647 or www.militaryonesource.mil.

c. **National Suicide Prevention Lifeline.** If you are ever feeling desperate, alone or hopeless you can call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255). This is a free, confidential, 24-hour hotline available to anyone in suicidal crisis or emotional distress. You can also reach them at www.suicidepreventionlifeline.org.

d. **Veterans Crisis Line** connects Soldier veterans in crisis and their families and friends with qualified, caring responders through a confidential toll-free hotline, online chat, or text. You can call 1-800-273-8255 and press 1, chat online at www.veteranscrisisline.net, or send a text message to 838255 to receive confidential support 24 hours a day, 7 days a week.

e. **Fort Lee Behavioral Health Clinic (Kenner Army Health Clinic) (804-734-9150, 804-734-9143, 804-734-9387, 804-734-9627; After Hours: 804-734-9000)** - Behavioral Health provides licensed psychologists, psychiatrists and social workers to assist you. In addition to you seeking services on your initiative, your command may also refer you to a mental health evaluation if they believe you to be a danger to yourself.

f. **Military Family Life Consultants (804-930-7204)** are licensed clinical counselors providing free, confidential support to Soldiers and their families.

2. REMEMBER: You are a valuable person and member of the Army and we are committed to providing you services and support during this stressful time. If you have any questions concerning this information, please call me at 804-765-2290/2145/1781.

A handwritten signature in black ink, appearing to read "C. Schapira".

CRAIG SCHAPIRA
CPT, JA
Senior Defense Counsel