

Ebenezer United Methodist Men (EUMM) Resource List

Ebenezer Church

- Onsite Counselor
- Soul Care
- Agape Fund
- Grief Share
- Divorce Care
- Financial Peace University

Stafford Hope [Ebenezer Church \(staffordhope.org\)](http://Ebenezer Church (staffordhope.org))

Military Personnel and Families

- DoD Quality of Life Programs **Military OneSource**
 - o 800-342-9624 <https://www.militaryonesource.mil>
 - o Myriad resources including free, confidential non-medical counseling for stress relief; relationship counseling; financial counseling; legal assistance; document translation; spouse scholarships, education, and career benefits; child care; and PCS moves
- Coast Guard Work-Life Programs **CG SUPRT (CG Support)**
 - o 855-CGSUPRT (855-247-8778) <https://www.cgsuprt.com>
 - o Myriad resources including employee assistance program (free, confidential non-medical counseling); resource and referral services (e.g., adoption, childcare, special needs; health coaching; legal services; education and career counseling; transition assistance; and. PCS moves.
- TRICARE <https://www.tricare.mil> 800-444-5445

Addiction

- SAMSHA (Substance Abuse & Mental Health Services Administration) National Hotline <https://www.samhsa.gov> 800-662-HELP (4357)
 - o 24/7/365 free and confidential treatment, referral and information services
- Addiction Resources <https://addictionresource.com> 866-506-2128
 - o Free and confidential drug hotline

Divorce / Separation /Infidelity

- <https://www.marriage.com> , click on Menu

Elder Care Locator

800-677-1116 www.eldercare.acl.gov

- a public service of the U.S. Administration on Aging connecting you to services for older adults and their families

Gambling

Addiction Center 877-416-1550

<https://www.addictioncenter.com/drugs/gambling-addiction/>

Local Resources and Services www.211.org

Crisis and emergency services, housing, food, and health

Marriage

- <https://www.marriage.com> , click on Menu

Medicare <https://www.medicare.gov> **800-MEDICARE****Personal Financial Management**

National Foundation for Credit Counseling (NFCC)

<https://www.nfcc.org> 800-388-2227

Poison Control Center 800-222-1222

www.aapcc.org/centers

Pornography

Addiction Center [Treatment For Porn Addiction - Addiction Center](#)

Seeking Integrity <https://seekingintegrity.com/resources>
747-234-HEAL (4325)

Triple X Church <https://xxxchurch.com>

National Fatherhood Initiative (NFI) <https://www.fatherhood.org> 301-948-0599**Social Security Information** www.ssa.gov 800-772-1213**Stress Management**

American Institute of Stress www.stress.org 682-239-6823

Help Guide <https://www.helpguide.org/home-pages/stress-management.htm>

Suicide

National Suicide Prevention Hotline 800-273-TALK (8255)
988 (effective July 16, 2022)
Veterans Crisis Line 800-273-8255, Press 1

Centers for Disease Control and Prevention <https://www.cdc.gov/suicide>

Tobacco Cessation 800-QUIT-Now www.YouCanQuit2.org

Transition Assistance

Department of Labor 866-487-2365

<https://www.dol.gov/agencies/vets/programs/tap>

Twelve-Step Programs

Alcoholics Anonymous <https://www.aa.org/>

Sexaholics Anonymous <https://www.sa.org/>

Sex Addicts Anonymous <https://saa-recovery.org/>

Celebrate Recovery <https://www.celebraterecovery.com/>

On-Line Devotionals and Study Material

Iron Sharpens Iron Events / Podcasts <https://ironsharpensiron.net> , Select “BLOG”

Right Now Media [Resources](#) | [Ebenezer Church \(ebenezerumc.org\)](http://Ebenezer Church (ebenezerumc.org))