



**DEPARTMENT OF THE AIR FORCE
MILITARY JUSTICE AND DISCIPLINE DIRECTORATE
TRIAL DEFENSE DIVISION**

MEMORANDUM FOR CLIENT'S NAME

FROM: CAPT MEDENL TUAB (Dover AFB Area Defense Counsel's Office)

Subject: Tools to Cope with Stress

1. Legal troubles are often very stressful, but there are a number of healthy ways to cope with this stress. There are a number of agencies that can help you develop the skills you may need to cope effectively. I have listed some of them below. Before using any of these services, I recommend you **talk with me first** about the best service to use for your particular situation. Depending on which one you use, what you say may not be confidential.

a. **Chaplains/Clergy** (insert local contact info) have confidentiality (like my office) and are trained to help you with the 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 (MOS)** (1-800-342-9647) provides telephonic, online, and face-to-face counseling. <https://www.militaryonesource.mil/non-medical-counseling/>

c. **Military Family Life Counselor (MFLC)** (insert local contact number) are licensed counselors that assist service members and their families with deployment adjustments, stress management, issues related to PCS, relationships, problems at work, grieving, and more. (insert web address for local MFLC; this can be found on your installation's FSS webpage)

d. **Base Mental Health** (insert local contact info) provides licensed psychologists, psychiatrists, and social workers. In addition to you seeking services on your own initiative, if certain individuals, including your First Sergeant or me, believe you are a danger to yourself, we can recommend to your commander that you be referred for a mental health evaluation under the Limited Privilege for Suicide Prevention (LPSP) Program.

e. **National Suicide Prevention Lifeline (NSPL)**: If you are ever feeling desperate, alone or hopeless you can call the NSPL at 988 or 1-800-273-TALK (8255). NSPL is a free, confidential, 24-hour hotline available to anyone in suicidal crisis or emotional distress. <http://www.suicidepreventionlifeline.org/>

2. **REMEMBER: You are a valuable person and member of the Department of the Air Force Family. 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 DSN 445-6996 or Commercial (302) 677-6995.

A handwritten signature in blue ink, reading "Mendel Taub", is located in the bottom right area of the page.

MENDEL TAUB, Capt, USAF
Area Defense Counsel