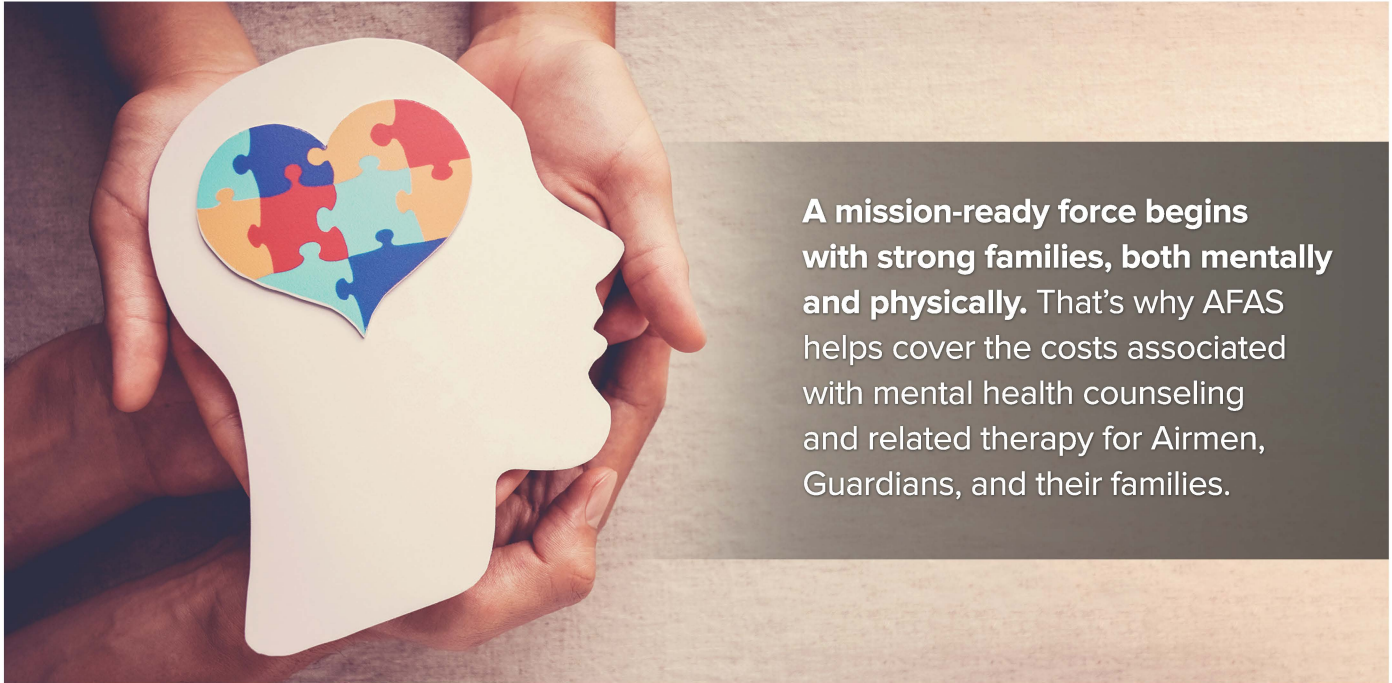




MENTAL HEALTH CARE & THERAPY



A mission-ready force begins with strong families, both mentally and physically. That's why AFAS helps cover the costs associated with mental health counseling and related therapy for Airmen, Guardians, and their families.

Eligibility

- ★ Active-duty Air Force and Space Force members (and their families)
- ★ Active Guard Reserve (AGR), Air National Guard and Reserve members activated under Title 10/32 for more than 15 days (and their families)

Program Benefits

- ★ **Choose Your Own Provider**
Service member decides who they want to see and AFAS will help cover the costs
- ★ **Quick Access to Funds**
Approved funds are deposited directly to service member via Zelle or ACH

Documents Required

- ★ **Military ID**
(Copy of front & back)
- ★ **Leave & Earnings Statement**
(End of month LES)
- ★ **Therapy/Counseling Estimate**
- ★ **Activation Order**
(if applicable)

Questions?

📞 703.972.2604
✉️ ea@afas.org



To Apply

Visit afas.org and select *Request Assistance*
or
Scan QR Code

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