

Comprehensive Airmen Fitness is an Air Force-wide initiative on improving Airman readiness by solidifying the four domains of CAF: Mental, Physical, Social, and Spiritual. Your Tyndall CAT agencies work together to provide services to ensure the health and well-being for Tyndall Airman and their families.

Mental: Approaching life's challenges in a positive way by demonstrating self-control, stamina and good character with choices and actions; seeking help and offering help.

Physical: Performing and excelling in physical activities that require aerobic fitness, endurance, strength, flexibility and body composition derived through exercise, nutrition and training.

Social: Developing and maintaining trusted, valued friendships that are personally fulfilling and foster good communication, including exchange of ideas, views and experiences.

Spiritual: Strengthening a set of beliefs, principles or values that sustain an individual's sense of well-being and purpose.



WHERE DO I GO FOR HELP

TYNDALL AFB
HELPING AGENCY GUIDE

TYNDALL.AF.MIL



The Tyndall Community Action Team is comprised of the **HELPING AGENCIES** on base which are dedicated to taking care of the physical, spiritual, social and mental needs of Team Tyndall.

off base resources

ADAPT

850-283-7511

AIRMAN AND FAMILY READINESS

850-283-2400

BEHAVIORAL HEALTH OPTIMIZATION PROGRAM

850-283-8573

DRUG DEMAND

850-283-7511

DOMESTIC ABUSE VICTIM ADVOCATE

850-290-7073

EFMP- FAMILY SUPPORT

850-283-2400

EFMP- MEDICAL

850-283-7656

EQUAL OPPORTUNITY

850-283-4319

FAMILY ADVOCACY

850-283-7511

HEALTH PROMOTION

850-283-7100

MENTAL HEALTH

850-283-7511

MILITARY FAMILY LIFE COUNSELOR

850-461-5989

NEW PARENT SUPPORT PROGRAM

850-283-7511

RELIGIOUS AFFAIRS

850-283-3397

SCHOOL LIASON OFFICER

850-283-2220/2201

SEXUAL ASSAULT RESPONSE

850-625-1231

SPECIAL VICTIMS' COUNSEL

850-283-9588

MILITARY ONE SOURCE

(800) 342-9647

DOD SAFE HELPLINE (SEXUAL ASSAULT)

(877) 995-5247

NATIONAL SUICIDE HOTLINE

(800) 784-2433

HERE FOR YOU

