



Behavioral Health Team

Womack Health and Support Center, 2817 Reilly Street, Building 4-3219, Fort Bragg, NC 28310

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Service Information

Our Behavioral Health Team can assist providers with managing a variety of emotional and psychological responses that often occur before, during, or after critical incidents during the COVID-19 pandemic. We offer a variety of holistic approaches, support activities, education, and materials tailored to meet clinic or unit needs. Our goal is to help providers and staff maintain psychological health, engage in healthy self-care practices, and prevent burnout to ensure they can safely and efficiently continue to meet mission requirements and demands. We can visit clinics during morning huddles or another convenient time.

Our services include but are not limited to:

- ◆ Anxiety and Stress Management
- ◆ Instructions on Mindfulness
- ◆ Sleep Hygiene
- ◆ Tips for Returning to Home/Work
- ◆ Addressing Compassion Fatigue
- ◆ Preventing Provider Burnout
- ◆ Providing Behavioral Health Handouts
- ◆ Relaxation and Deep Breathing Practice
- ◆ Discussing Psychological Effects of Quarantine and Social Isolation



CONTACT US WITH BEHAVIORAL HEALTH REQUESTS @ (910) 723-3106