The immediacy of losing a loved one is often a paralyzing moment. You might feel shocked and totally immobilized. Your mind may struggle to think rationally as your inner self cries out in pain . . . in anger . . . in anguish . . . in a desperate search for hope. You may just want to talk with someone. It can indeed be helpful to simply share your thoughts and feelings with someone who knows how to listen, with someone who cares. You may also have a need for prayer, for spiritual counsel, or for information about funeral services, memorials, or other religious observances. Chaplains represent various religious traditions and are prepared to offer assistance or references for those of any religious faith. They want to listen. . . they care about ministering to you at this time.

Your local chaplains understand. They have dedicated themselves to providing ministry in times of need. What’s more, anything you share with them remains strictly confidential. If this is your time of need, you can contact a chaplain during duty hours by calling your chapel. If there is no answer at the chapel, contact the “duty” chaplain--any day, any time--by calling your local Base telephone operator, Command Post, or Security Forces.