Seeking help early and often prevents needing a higher level of care and impact to career. Most Sailors don't seek help because they want to fix things themselves, they worry about impact to their careers or security clearance or they fear gossip and embarrassment.

Taking care of your mental health takes courage and it's a sign of strength!

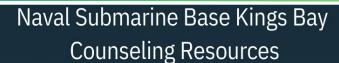


### Military OneSource

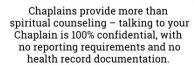
ONE SOURCE

Counseling for family, financial, stress, and coping skills with no referral needed and no health record documentation.

> Contact Mil OneSource: 800-342-9647 or live chat on www.militaryonesource.mil



# Command CHAPLAINS



POC for Sub Commands: 912-573-3960 POC for Shore Commands: 912-573-4501 POC for MCSFBn: 912-464-0645





# Fleet and Family SUPPORT CENTER

Offers individual and couples life skills counseling, with no referral needed and no health record documentation.

Contact your FFSC: 912-573-4222 Virtual Clinical Counseling 1-855-205-6749



## MILITARY & FAMILY LIFE COUNSELING



MFLC provides non-medical counseling with flexible locations, no referral needed, no health record documentation, and minimal reporting requirements. Contact your MFLC: **MFLC Regional Supervisor** Marchell Coleman 912-661-7271



#### Independent Duty Corpsman/ General Medical Officer

IDCs and GMOs can place referrals to embedded mental health, MTFs, and network providers for serious conditions. They provide medical management for most mental health concerns and can communicate with CO and other providers.



## **EMBEDDED** MENTAL HEALTH

EMH can evaluate and treat mental health conditions with therapy and medication. EMH is authorized to determine fit for duty and to communicate diagnosis and plans with other providers and CO.

Contact your EMH: POC for Sub Commands: 912-573-6664 POC for Shore Commands: 912-573-4524



#### MILITARY TREATMENT **FACILITIES**

Provide inpatient psychiatry and emergency room services, group treatment, and comprehensive care; authorized to make military duty determinations and to communicate with other providers and CO.

> Schedule an appointment: 904-546-6351



#### EMERGENCY ROOM

ERs are for life-threatening conditions: ie, the patient is a danger to self or others, or has become gravely disabled.

### OTHER RESOURCES

Shore Side Embedded Mental Health has SARP-Substance Abuse Rehabilitation Program. You may also utilize Doctorondemand.com and telemynd.com for therapy options. Both are virtual options for Service Members but they must report to Chain of Command if Sub/Nuc/PRP and using this option.



