



WELLNESS ROADMAP

Feeling stressed and in need of help, but don't know where to start? We've got you!

1 CONVERSATIONS THAT MATTER

Meet, Call, Text or Message

- Reach out to trusted and close personal contacts.
 - Friends
 - Family
 - Peers
 - Deckplate Leadership



2 COMMAND RESOURCES

- Warrior Toughness
- Full Speed Ahead (FSA) 3.0 (Free App)
- Expanded Operation Stress Control (E-OSC). Team Leader in every command.
 - Peer-to-Peer Stress Control Program
 - Resilience Education & Training
 - Self Care/Buddy Care
 - Early recognition and mitigation of problems



3 CHAPLAINS

1-855-NAVY (6289)-311
Text 311

- CREDO Programs
- Safe TALK/ASIST Programs
- ARSENAL - Warfighter Resiliency Program
- 100% confidential
- No reporting requirements
- No referral needed
- No health record documentation
- More than spiritual counseling



5 MILITARY ONESOURCE

1-800-342-9647
militaryonesource.mil

- Military and Family Life Counseling
- No health record documentation
- No referral needed
- Life skills (i.e., financial, stress, and coping skills)
- Non-medical counseling off base



4 FLEET & FAMILY SUPPORT CENTER

Counseling, Advocacy and Prevention Programs

- New Parent Support
- Individual and Couples Counseling
 - No referral needed
 - Non-medical counseling
 - No health record documentation
- Sailor Assistance & Intercept for Life (SAIL)
 - SAIL is an evidence-based approach to intervention that provides rapid assistance, ongoing risk assessment, care coordination and reintegration assistance for service members identified with a suicide-related behavior (SRB).

Work and Family Life Programs

- Life Skills
 - Mind Body Mental Fitness (6 Modules)
 - Parenting Classes
 - Building Healthy Relationships
 - Stress Management
 - Anger Management
- Financial Education and Counseling
- Deployment and Mobilization Support
- Transition Assistance Program
- Relocation Assistance Services
- Family Employment Services
- Exceptional Family Member Program
- Ombudsman Program



6 INDEPENDENT DUTY CORPSMAN/GENERAL MEDICAL OFFICER

- Places referrals to EMH/MTF/Network for more serious conditions or duty determinations
- Medical management for most mental health concerns
- Health record documentation
- May communicate with CO and other medical providers



7 EMBEDDED MENTAL HEALTH (EMH)

- Evaluate and treat mental health conditions with therapy and medications
- Fitness for duty determination
- Documents in health record
- Communicates diagnosis and plan with other providers and CO
- Provides training and command advisement



8 MILITARY TREATMENT FACILITIES (MTF)

- Emergency Room (ER) and inpatient psychiatry services
- Group treatment, comprehensive care
- Military duty determinations
- Health record documentation
- May communicate with CO and other medical providers
- Individual therapy, inpatient and ER services



Make your wellness a priority. Be proactive in seeking support when life's stressors are getting in the way of your well-being. There is a wide range of resources to choose from. Classes on topics such as FFSC's "Mind Body Mental Fitness" give you the tools to better manage personal challenges. If you're in need of further support, counseling options are available. Taking care of your wellness is a sign of strength!

EMERGENCY ROOM

- Severely injured
- Danger to self or others
- Not for routine access to care



REVIEW THE BACK PAGE FOR MORE WELLNESS RESOURCES.

LOW

INDIVIDUAL LEVEL OF STRESS

HIGH



Call your healthcare provider if stress gets in the way of your daily activities for several days in a row.



Information & Referral Resources



Your Next Steps

If you or your family are experiencing challenges, there are a number of services locally, regionally and nationally to help you overcome those challenges.

Your Local FFSC



Please contact your local Fleet and Family Support Center (FFSC) with any questions regarding wellness support and other programs/services that we provide.

HAMPTON ROADS, VA

Dam Neck 757-492-6342
 Little Creek/Fort Story 757-462-7563
 Newport News 757-688-6289
 Norfolk 757-444-2102
 Northwest 757-421-8770
 Oceana 757-433-2912
 Portsmouth 757-953-7801
 Yorktown 757-887-4606

CT - New London 860-694-3383
 IL - Great Lakes 847-688-3603, ext. 100
 NH - Portsmouth 207-438-1835
 NJ - Earle 732-866-2115
 NY - Saratoga Springs 518-886-0200, ext. 146
 RI - Newport 401-841-2283

Connect With a Chaplain



Mid-Atlantic Chaplain 24/7
 757-438-3822

Chaplains offer 100% confidential care and counseling regardless of religious beliefs. Chaplains are not mandatory reporters, and their services are open to all military, military families and authorized civilians. Chaplains also offer personal, family and marriage retreats and workshops throughout the year.

More For Federal & Military

More Sources of Help



DoDSafeHelpline
safehelpline.org • 877-995-5247



Call 988
 Available 24/7

cfpb Consumer Financial Protection Bureau
www.consumerfinance.gov
 1-855-411-2372



Non-Appropriated Fund Employee Assistance Program
 Call ACI at 800.932.0034 or email at eaipinfo@acispecialtybenefits.com



DON Civilian Employee Assistance Program
<https://magellanascent.com/> or by phone 1-844-DONCEAP

MILITARY ONE SOURCE

Veterans/Military Crisis Line
 1-800-342-9647
 or access online chat by texting 988



U.S. Department of Veteran Affairs
<https://www.va.gov/>
 • Veterans Crisis Line Responder (24/7)
 – Call 988, select 1
 – Text 838255
 – Get more resources at: VeteransCrisisLine.net

FFR.CNIC.Navy.mil/Family-Readiness/



NavyLifeMA.com/FFSC

