

Are you feeling stressed and need help, but don't know where to start?

MENTAL HEALTH ROADMAP



CHAIN OF COMMAND

Start with your peers & your supervisor! Often, they can help you get to the right resource. Sailors are encouraged to talk to their front line leader (E-6 or above) and/or Chain of Command if they are struggling or need assistance in any way.

COMMAND CHAPLAINS

Chaplains provide more than spiritual counseling – talking to your Chaplain is 100% confidential, with no reporting requirements and no health record documentation.

Contact your Chaplain:

MILITARY ONESOURCE



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



FLEET AND FAMILY SUPPORT CENTER

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

Contact your FFSC:



FFSC VIRTUAL COUNSELING

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

Contact Virtual FFSC:



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:



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:

REPORT & SUPPORT HOTLINES

DOMESTIC VIOLENCE & CHILD ABUSE 24/7 HOTLINE



4195
(757) 458-4195
(757) 339-8130

SEXUAL ASSAULT REPORTING (SAPR) 24/7 HOTLINE



(757) 324-9250
SARC 24/7 HOTLINE
(757) 339-7702
SAPR VA 24/7 HOTLINE
(757) 339-0054

Safe Helpline

Sexual Assault Support for the DoD Community

safehelpline.org | 877-995-5247

Veterans Crisis Line

DIAL 988 then PRESS 1

988 SUICIDE & CRISIS LIFELINE



DOWNLOAD THE NAVY'S MENTAL HEALTH PLAYBOOK



EMERGENCY ROOM

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

