

Naval Medical Forces Atlantic BEHAVIORAL HEALTH ROADMAP

Stressed and want help but don't know where to start? We got you!

1



CHAPLAINS

Area Wide Duty Chaplain [757-438-3822](tel:757-438-3822)

- 100% Confidential
- More than Spiritual Counseling
- No reporting requirement
- No referral needed
- No health record documentation

2



MILITARY & FAMILY LIFE COUNSELING

Phone: [757-375-3430](tel:757-375-3430)/[757-927-5090](tel:757-927-5090)

- Non-medical counseling classes
- Flexible counseling locations
- Minimal reporting requirements
- No referral needed
- No health record documentation

4



MILITARY ONESOURCE

Contact: [800-342-9647](tel:800-342-9647)/MilitaryOneSource.mil

- Life skills i.e. financial, stress, coping skills and couples counseling
- Non-medical counseling off base
- No referral needed
- No health record documentation

3



FLEET & FAMILY SUPPORT CENTER

Appointments: [757-444-2102](tel:757-444-2102)

- Life skills i.e. financial, stress, coping skills and couples counseling
- Non-medical counseling off base
- No referral needed
- No health record documentation

5



INDEPENDENT DUTY CORPSMAN GENERAL MEDICAL OFFICER

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

6

EMBEDDED MENTAL HEALTH

Appointments via IDC

- Evaluate and treat mental disorders with therapy and medications
- Military duty determinations
- May communicate with CO and other medical providers
- Health record documentation

ACUTE SERVICES & ADDITIONAL INFORMATION

EMERGENCY ROOM

- Not for routine access to care
- Danger to self, others or gravely disabled

NMRTC Portsmouth-MILITARY TREATMENT FACILITY

Emergency Room and Inpatient Psychiatry services

Group treatment, SARP, Comprehensive Care

Outpatient Behavioral Health Clinic, Care Connect service.

Location: BLDG 3, 1st Deck, Behavioral Health Clinic

Availability: Monday thru Friday from 0830-1030

****No referral? No problem! Visit us during Care Connect hours to complete a screening with one of our Behavioral Health Techs to determine appropriate services****