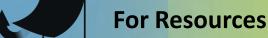
HEALTHY

No documentation in the military medical record, no referral necessary.

Sometimes even healthy people experience short periods of stress, poor sleep, appetite changes and low mood.



Early intervention, brief treatment.

NO

RAT

Non-clinical counseling: licensed provider does not provide medical diagnosis.

Moderate Concerns:

- Quick temper
- Irritability
- Low self-control
- Poor focus
- Feeling isolated
- Low energy/motivation to complete daily tasks
- Increased alcohol/substance use.

Long-term or high intensity treatment.

Clinical counseling: licensed provider can provide medical diagnosis.

Care received at a military treatment facility will be documented in the military medical record.

Moderate/Severe Concerns:

- Thoughts about suicide
- Excessive alcohol/substance
 use
 - Male: 3+ drinks/day or 15+ drinks/week
 - Female: 2+ drinks/day or 8+ drinks/week
- Insomnia and nightmares
- Hopelessness/helplessness
- Social isolation
- Anxiety or panic most days

Severe Concerns:

• Suicide/homicide plan with intent

- Thoughts of harming others
- Uncontrolled anger

PATIENT RESOURCES

MENTAL WELLNESS

Self Care Exercise Healthy Eating Meditation Sleep Hygiene Social Connectedness Spiritual Wellbeing

Active-Duty Command Support

Sponsor Command Chaplains Non-Commissioned Officers (NCO) Division Officer (DIVO) Financial Counselor/ Navy Marine Corps Family Readiness Group (NMCFRG) Career Counselor Mentorship Tuition Assistance Expanded Operational Stress Control (E-OSC)

MENTAL WELLNESS

NON-CLINICAL COUNSELING

Fleet & Family Support Center (FFSC) 757-953-7801 www.navymwrmidlant.com/support-services/support-center-locations Non-clinical counseling, classes, career development, and more.

Marine Corps Community Services (MCCS) 757-445-1277 hamptonroads.usmc-mccs.org Non-clinical counseling, classes, fitness, education, and more.

NMCP Chaplains 757-953-5550

100% confidential guidance.

Morale, Welfare and Recreation (MWR)

www.navymidlant.com/supportservices/support-center-locations Individual & family activities; classes for financial planning, anger management, family planning, fitness,

Families OverComing Under Stress (FOCUS)

focusproject.org

Provides resilience training to military families, children, and couples. Virtual and in-person; evening and weekend availability. Military OneSource/ Military & Life Counseling 800-342-9647

militaryonesource.mil

12 free non-clinical counseling sessions; support with housing, legal, financial, family planning, and more. Virtual and in-person; evening and weekend availability.

*Drug and Alcohol Prevention Advocate Active Duty only. Self- or command-referral. DAPA will assess and may refer to SARP.

inTransition 800-424-7877 www.militaryonesource.mil/benefits/int ransition-program/ Support in times of transition (e.g., PCS, separation, etc.) for Active Duty,

National Guard, Reservists, & Veterans.

DoD Safe Helpline (24/7) 877-995-5247 www.safehelpline.org

Chat: SafeHelpline.org Anonymous, confidential support for members of the DoD and their loved ones affected by sexual assault.

CLINICAL COUNSELING

Primary Care Manger (PCM) 866-645-4584 PCMs may place a referral to specialty behavioral health (BH) care resources and consult with BH providers.

Embedded Mental Health Privileged providers on-site with timesensitive availability to meet operational demands of the command.

Outpatient Behavioral Health 757-953-5269 Care Connect: Walk-in 0830-1030 M-F Individual and group therapy, and medication management.

*Substance Abuse Rehabilitation Program (SARP) Active Duty only by provider referral.

*Telemynd 866-991-2103 <u>Telemynd.com</u> Virtual individual/couples therapy.

ACUTE/CRISIS

24/7 Suicide & Crisis Lifeline Dial 988 (press 1) Text 838255 Chat 988lifeline.org

24/7 Emergency Department Walk-in or call 911

When in doubt, contact:



Or go to the Emergency Department.

* = Referral required for active duty

and more.