

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.



For Resources

MODERATE

Early intervention, brief treatment.

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.

SEVERE

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

SilverCloud
On-demand, evidence-based behavioral tool, including journaling and a coach.



← Scan QR code to self-enroll
in SilverCloud

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/support-services/support-center-locations

Individual & family activities; classes
for financial planning, anger
management, family planning, fitness,
and more.

Families OverComing Under Stress (FOCUS)

focusproject.org

Provides resilience training to military
families, children, and couples.
Virtual and in-person; evening and
weekend availability.

NON-CLINICAL COUNSELING

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/](http://www.militaryonesource.mil/benefits/inttransition-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 time-
sensitive 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.

*Telemetrynd

866-991-2103

Telemetrynd.com

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

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