





Military OneSource is your connection to information, answers and support when MilLife happens. We can help you overcome challenges, reach your goals and thrive.



MILITARYONESOURCE.MIL



(800)-342-9647



The Military Crisis Line, text-messaging service, and online chat provide free VA support for all Service members, including members of the National Guard and Reserve, and all Veterans, even if they are not registered with VA or enrolled in VA health care.



VETERANSCRISISLINE.NET



DIAL (1-800)273-8255



## **PROGRAM ABBREVIATION KEY**

**CCP - Community Counseling Program** 

**CDC - Child Development Center** 

**EFMP - Exceptional Family Member** 

**FAP - Family Advocacy** 

**FMEAP - Family Member Employment Assistance** Program

**FOCUS - Families Over Coming Under Stress** 

I & R - Information, Referral and Relocation

M & FP - Marine & Family Programs

**MFLC - Military Family Life Counselor** 

**MOS - Military OneSource** 

**NPSP - New Parent Support Program** 

PFMP - Personal Financial Management Program

**SAP - Substance Abuse Program** 

**SARC - Sexual Assault Response Coordinator** 

**SLS - School Liaison** 

**URC - Uniformed Readiness Coordinator** 

**VAH - Victim Advocacy Helpline** 



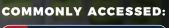
## WHERE SHOULD I **GO FOR HELP?**

A QUICK-ACCESS GUIDE FOR HELPFUL **RESOURCES AVAILABLE ON YOUR INSTALLATION** 



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\* SEE REVERSE SIDE FOR ABBREVIATION KEY

															ABBREVIATION KEY						
PHONE NUMBER																					
PRIMARY CONCERN	ССР	CDC	CHAPLAIN	EFMP	FAP	FMEAP	FOCUS	I & R	M&FP	MFLC	MILITARY CRISIS LINE	MOS	NAVY HEALTH CLINIC	NPSP	PFMP	RED CROSS	SAP	SARC	SLS	VICTIM HELPLINE	VAH
ABUSE / NEGLECT																					
ALCOHOL / DRUGS																					
ANGER ISSUES																					
ANXIETY / PANIC																					
DEPLOYMENT / RELOCATION																					
DISASTER RECOVERY																					
FINANCES																					
GRIEF / DEATH																					
MARRIAGE & FAMILY																					
NUTRITION / FITNESS																					
PARENTING																					
RELATIONSHIPS																					
SADNESS / DEPRESSION																					
SEXUAL ASSAULT																					
SEXUAL HARASSMENT																					
SPECIAL NEEDS																					
SUICIDAL / HOMICIDAL THOUGHTS																					
WORK / SCHOOL																					
SCHOOL																					l