



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](https://www.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](https://www.veteranscrisisline.net)  DIAL (1-800)273-8255 AND THEN PRESS 1



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



