




# WHERE SHOULD I GO FOR HELP?

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

**COMMONLY ACCESSED:**

-  **DOD SAFE HELPLINE**  
877-995-5247
-  **BASE CHAPLAIN**  
252-466-4000
-  **YOUR UNIT URC/DRC**
-  **CHERRYPOINT.USMC-MCCS.ORG**



## MCAS CHERRY POINT RESOURCES

PHONE NUMBER	252 466-3264	252 466-5605	252 466-4000	252 466-7533	252 466-3264	252 466-5836	910 450-5635	252 466-4201	252 466-4401	252 497-1685	800 273-8255	800 342-9647	252 466-0266	252 466-3651	252 466-5837	252 637-3405	252 466-3264	252 466-3264	252 466-7648	252 671-0377	252 665-4713
PRIMARY CONCERN	CCP	CDC	CHAPLAIN	EFMP	FAP	FMEAP	FOCUS	IRR	M&FP	MFLC	MILITARY CRISIS LINE	MOS	NAVY HEALTH CLINIC	NPSP	PFMP	RED CROSS	SAP	SARC	SLS	DV 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	✓		✓					✓	✓		✓	✓	✓								
WORK / SCHOOL	✓	✓				✓		✓	✓	✓		✓							✓		

### PROGRAM ABBREVIATION KEY

- CCP** - Community Counseling Program
- CDC** - Child Development Center
- DRC** - Deployment Readiness Coordinator
- EFMP** - Exceptional Family Member Program
- FAP** - Family Advocacy Program
- FMEAP** - Family Member Employment Assistance Program

- FOCUS** - Families Over Coming Under Stress
- IRR** - Information, Referral and Relocation
- M&FP** - Marine & Family Programs
- MCFTB** - Marine Corps Family Team Building
- 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



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



800-342-9647



MILITARYONESOURCE.MIL



Visit [CHERRYPOINT.USMC-MCCS.ORG](http://CHERRYPOINT.USMC-MCCS.ORG) for more information on how Marine and Family Programs can best serve you, by providing programs, services, and opportunities that improve the quality of life for Marines and their families. MCCS offers programs related to education, resilience, behavioral health, and overall family readiness. Semper Fit helps keep you physically fit by offering health awareness and nutrition information, health screenings, personal trainers, fitness classes, swimming, and sports. You will also discover a variety of recreation, entertainment, dining, shopping, and other day-to-day activities and services.



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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.



800-273-8255 AND THEN PRESS 1



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