

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	252 466-7648	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 / SCHOL	✓	✓				✓		✓	✓	✓		✓						✓			

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 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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