

MARFORCOM Hampton Roads
Mental Health and Suicide Prevention Resources

****Dial 911 if in immediate danger****

POC	Primary Phone	Alternate Phone	Email/Web Address
Veteran's/Military Crisis Line, National Suicide Prevention Lifeline	988 (Press 1 for military) or 1-800-273-8255	Text 838255	http://www.veteranscrisisline.net/ https://988lifeline.org/
MFC Suicide Program Prevention Coordinator	757-836-1991		
HQSVCBN Suicide Prevention Program Officer	757-445-4436		
MFC Primary Prevention Integrator	757-836-1693		MF_Prevention_WF@usmc.mil
HQSVCBN Officer on Duty	757-630-9299		
MFC Combat Duty Officer	757-836-1621		
MFC Chaplain	757-836-2229	757-836-2233	
Naval Medical Center Portsmouth (Mental Health)	757-953-5269		
MCCS Quantico Marine Intercept Program (MIP)	1-703-784-2570		
Fleet and Family Support Center Hampton Roads	757-444-2102		https://www.navywmrhamptonroads.com/support/support-centers
Military & Family Life Counselor (MFLC)	757-927-5090	757-375-3430	
Installation Sexual Assault 24/7 Helpline	757-402-2567		
DoD Safe Helpline (Sexual Assault)	1-877-995-5247		https://safehelpline.org/
National Domestic Violence Hotline	1-800-799-7233		http://www.thehotline.org/
Military OneSource	1-800-342-9647		http://www.militaryonesource.mil/suicide