

NEVER LEAVE A MARINE BEHIND: RESOURCES



IMMEDIATE LINKS IN A CRISIS		
911 Emergency Services	Dial 911 from any phone in the United States or Canada	
<i>If you are alone or need additional professional help don't hesitate to call.</i>		
FOB Emergency Services (if in theater)		
National Suicide Prevention Lifeline	1-800-273-TALK (8255)	http://www.suicidepreventionlifeline.org/
<i>The National Suicide Prevention Lifeline is a nationwide network of crisis centers. Calls are routed to the nearest available crisis center. The hotline is staffed by trained counselors and is available 24 hours a day, seven days a week. The service is free and confidential.</i>		
DIRECT LINKS FOR PREVENTION		
Leaders Guide for Managing Marines in Distress		http://www.usmc-mccs.org/leadersguide/
<i>The Leaders Guide for Managing Marines in Distress is an online resource that provides guidance and tools to leaders on what to look for, what to do and specific resources for helping Marines in distress. It includes a section on dealing with suicidal Marines.</i>		
Chaplain		
<i>Unit Chaplains are trained counselors and are permitted to provide comfort and advice with confidentiality assured.</i>		
Defense Centers of Excellence for Psychological Health Outreach Call Center	1-866-966-1020 resources@dcoeoutreach.org.	http://www.dcoe.health.mil/media/DCoE_News/DCoE_Outreach_Center.aspx
<i>The DCoE Outreach Center is open 24 hours a day, seven days a week to answer questions related to psychological health. Services are available by telephone or email.</i>		
Military OneSource	1-800-342-9647	http://www.militaryonesource.com
<i>Military OneSource is provided by DoD at no cost to active duty, Guard and Reserve (regardless of activation status) and their families. Counseling services are provided face-to-face, online or by telephone. The service is private and confidential; however, your identity must be verified for their internal records only.</i>		
TRICARE	1-888-647-6676	http://tricare.mil/mybenefit/
<i>TRICARE is the health care program serving active duty service members, National Guard and Reserve members, retirees, their families, survivors and certain former spouses worldwide. TRICARE is available worldwide and is managed in four separate regions.</i>		
Marine and Family Services		http://www.usmc-mccs.org/
<i>Marine and Family Services programs are directly related to combat readiness. They serve as a main mechanism through which a variety of programs, services and activities will be provided to our single and married Marines, Sailors and family members.</i>		
Deployment Health Clinic	1-800-796-9699	http://www.pdhealth.mil/
<i>The core mission of the Deployment Health Clinic is to improve deployment-related health by providing caring assistance and medical advocacy for military personnel and families with deployment-related health concerns.</i>		
Military Medical Treatment Facilities		
<i>Many Marine Corps Installations have clinics or hospitals which provide behavioral healthcare for military personnel and family members.</i>		
Substance Abuse Rehabilitation Programs (SARP)		
<i>SARP performs substance use screenings for potential alcohol and drug problems among all active duty, retired and qualified family members at all host and tenant commands. To access services at SARP, please contact your command SACO or your Primary Care Manager (PCM). There are no consequences when Marines report dependency problems on legal drugs.</i>		
Operational Stress Control and Readiness (OSCAR)		
<i>OSCAR mental health professionals are not primarily clinical health care providers, but rather combat/operational stress control specialists who educate and are educated by their Marines through repeated contact in the field and the sharing of adversity, before deployment, during deployment and after deployment. OSCAR Teams are set up with infantry units close to the front.</i>		

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DIRECT LINKS FOR PREVENTION *(continued)*

Unit Medical

Unit doctors and corpsmen are trained to provide professional medical and behavioral healthcare for military personnel and their families.

Chain of Command

You should utilize your chain of command at any time you, or someone from your unit, might be having difficulty and need assistance.

RESOURCE LINKS FOR UNDERSTANDING

Marine Corps Suicide Prevention Program

<http://www.usmc-mccs.org/suicideprevent/>

This comprehensive website provides facts and exposes myths about suicide as well as warning signs and where to go for help.

Military Mental Health Self-Assessment

<https://www.militarymentalhealth.org/>

This self-assessment program is designed to assist all service members and their families with common-life issues. The assessment gauges whether or not you have a situation that would benefit from further evaluation or treatment. It also offers guidance as to where to seek assistance. The assessment is in English or Spanish.

Unit Personal and Family Readiness Program (UPFRP)

UPFRP Specialist: 703-784-0296
DSN 278-0296

<http://www.usmc-mccs.org/upfrp/>

Unit Personal and Family Readiness (UPFRP) has been directed by CMC to provide policy and support for commanders as they implement their unit family readiness programs.

Marine Corps Family Team Building (MCFTB)

mcftb@usmc.mil

<http://www.usmc-mccs.org/mcftb/>

MCFTB provides educational resources and services to foster personal growth and enhance the readiness of Marine Corps families. MCFTB is comprised of the following: Family Readiness Program Training, Readiness and Deployment Support Training, Lifestyle Insights, Networking, Knowledge and Skills (L.I.N.K.S.), LifeSkills Training.

Navy-Marine Corps Relief Society

<http://www.nmcrs.org/>

The mission of the Navy-Marine Corps Relief Society is to provide, in partnership with the Navy and Marine Corps, financial, educational and other assistance to members of the Naval Services of the United States, eligible family members and survivors when in need; and to receive and manage funds to administer these programs.

HQMC Combat Operational Stress Control (COSC)

(703) 432-9563/9565
cosc@usmc.mil

<http://www.usmc-mccs.org/cosc/>

Combat Operational Stress Control (COSC) encompasses all policies and programs to prevent, identify and holistically treat mental injuries caused by combat or other operations. The COSC Branch provides resources for Marine leaders, chaplains, mental health professionals, medical providers, service members, veterans, family members and their advocates.

National Domestic Violence Hotline

1-800-799-SAFE (7233) or
TTY 1-800-787-3224

<http://www.ndvh.org/>

The Hotline provides crisis intervention, information and referrals to victims of domestic violence, perpetrators, friends and families.

National Sexual Assault Hotline

1-800-656-HOPE (4673)

<http://www.usmc-mccs.org/leadersguide/Harassment/SA/index.htm>

More than 1,100 trained volunteers are on duty and available to confidentially help victims at Rape, Abuse and Incest National Network (RAINN)-affiliated crisis centers across the country. Calls are routed through the RAINN system to a community center according to caller's area code.

Vet Centers

<http://www.vetcenter.va.gov/>

Vet Centers provide readjustment counseling and outreach services to men, women and the families of those who served in the military.