

# NORFOLK AREA BEHAVIORAL HEALTH ROADMAP

Stressed and want help but don't know where to start? We got you!

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## CHAPLAINS

Area Wide Duty Chaplain **757-438-3822**

- 100% Confidential
- More than Spiritual Counseling
- No reporting requirement
- No referral needed
- No health record documentation

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## MILITARY & FAMILY LIFE COUNSELING

Phone: **757-375-3430/757-927-5090**

- Non-medical counseling classes
- Flexible counseling locations
- Minimal reporting requirements
- No referral needed
- No health record documentation

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## MILITARY ONESOURCE

Contact: **800-342-9647/MilitaryOneSource.mil**

- Life skills i.e. financial, stress, coping skills and couples counseling
- Non-medical counseling off base
- No referral needed
- No health record documentation

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## FLEET & FAMILY SUPPORT CENTER

Appointments: **757-444-2102**

- Life skills i.e. financial, stress, coping skills and couples counseling
- Non-medical counseling off base
- No referral needed
- No health record documentation

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## INDEPENDENT DUTY CORPSMAN GENERAL MEDICAL OFFICER

- May communicate with CO and other medical providers
- Medication management for most mental health concerns
- Places referrals to EMH/MTF/Network for more serious conditions or duty determinations
- Health record documentation

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## EMBEDDED MENTAL HEALTH

Appointments via IDC

- Evaluate and treat mental disorders with therapy and medications
- Military duty determinations
- May communicate with CO and other medical providers
- Health record documentation

## ACUTE SERVICES & ADDITIONAL INFORMATION

### EMERGENCY ROOM

- Not for routine access to care
- Danger to self, others or gravely disabled

### NMCP-MILITARY TREATMENT FACILITY

Emergency Room and Inpatient Psychiatry services

Group treatment, SARP, comprehensive care

Outpatient Behavioral Health Clinic, Self-Referral Station

- Location: BLDG 3, 1<sup>st</sup> Deck, Behavioral Health Clinic
- Availability: Tuesdays 0830-1030 or Fridays 1300-1500
- \*\*Screenings with Behavioral Health Techs to determine appropriate services\*\*