**Command Name**

**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/> |
| Chaplain and/or Religious Specialist (RP) |  |  |  |
| Embedded Psychologist |  |  |  |
| Suicide Prevention Program Officer (SPPO) and/or Coordinator (SPPC) |  |  |  |
| MFC Suicide Program Prevention Coordinator (SPPC) | 1-757-836-1991 |  |  |
| Operational Stress Control and Readiness (OSCAR) Representative |  |  |  |
| Embedded Preventive Behavioral Health Capability (EPBHC) and/or Primary Prevention Integrator (PPI) |  |  |  |
| Naval Medical Center (Mental Health) |  |  |  |
| Local Marine Intercept Program (MIP) and/or MCCS Quantico MIP | 1-703-784-2570 (East Region)  1-760-763-3222 (West Region) |  |  |
| Community Counseling Program (CCP) |  |  |  |
| Military and Family Life Counselors (MFLC) |  |  |  |
| Fleet and Family Support Center (FFSC) |  |  |  |
| Equal Opportunity Advisor (EOA) and/or Coordinator (EOC) |  |  |  |
| Deployment Readiness Coordinator (DRC) |  |  |  |
| Unit Readiness Coordinator (URC) |  |  |  |
| Substance Assessment Coordination Officer (SACO) |  |  |  |
| Installation Sexual Assault 24/7 Hotline |  |  |  |
| Sexual Assault Response Coordinator (SARC) |  |  |  |
| Sexual Assault Prevention and Response (SAPR) Victim Advocates |  |  |  |
| MFC Suicide Prevention and Force Preservation and Command website |  |  | <https://www.marforcom.marines.mil/Resources/Suicide-Prevention-and-Force-Preservation/> |
| 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> |

May include additional local resources if available.