

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
703-784-2518
-  YOUR UNIT URC/DRC
-  QUANTICO.USMC-MCCS.ORG



MCCS QUANTICO RESOURCES

| PHONE NUMBER | 703 784-2570 | 703 784-4470 | 703 784-2518 | 703 784-9395 | 703 784-2570 | 703 784-3306 | 703 784-0189 | 703 784-2659 | 703 784-3007 | 703 784-2570 | #988 | 800 342-9647 | 703 784-1725 | 703 784-2570 | 703 784-2650 | 800 733-2767 | 703 784-3502 | 703 432-9999 | 703 784-4729 | 703 432-0590 | 703 350-1688 |
|-------------------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|----------------------|--------------|--------------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|-----------------|
| PRIMARY CONCERN | CCP | CDC | CHAPLAIN | EFMP | FAP | FMEAP | PMO | IRR | M&FP ADMIN | MFLC | MILITARY CRISIS LINE | MOS | NAVY HEALTH CLINIC | NPSP | PFMP | RED CROSS | SACC | SARC | SLS | SEMPER FIT | VICTIM ADVOCACY |
| ABUSE / NEGLECT | | | | | ✓ | | ✓ | | ✓ | | | | | ✓ | | | | | | | ✓ |
| ALCOHOL / DRUGS | | | | | | | ✓ | | ✓ | | | | ✓ | | | | ✓ | | | | |
| ANGER ISSUES | ✓ | | ✓ | | ✓ | | | | ✓ | ✓ | | ✓ | ✓ | | | | ✓ | | | | |
| ANXIETY / PANIC/STRESS | ✓ | | ✓ | | ✓ | | | | ✓ | ✓ | | ✓ | ✓ | | | | | | | | |
| DEPLOYMENT / RELOCATION | | | | | | | | | ✓ | | | ✓ | | | | | | | | | |
| TRANSITION READINESS | | | | | | | | ✓ | ✓ | | | ✓ | | | | | | | | | |
| FINANCES | | | | | | | | ✓ | ✓ | | | ✓ | | | ✓ | ✓ | | | | | |
| GRIEF / DEATH/ SADNESS | ✓ | | ✓ | | | | | | ✓ | ✓ | | ✓ | | | | | ✓ | | | | |
| MARRIAGE & FAMILY | ✓ | | ✓ | | ✓ | | | | ✓ | ✓ | | ✓ | | | | | ✓ | | | | |
| NUTRITION / FITNESS | | | | | | | | | ✓ | | | ✓ | | | | | | | | ✓ | |
| PARENTING | ✓ | | | | ✓ | | | | ✓ | ✓ | | ✓ | | ✓ | | | | | | | |
| RELATIONSHIPS | ✓ | | ✓ | | ✓ | | | | ✓ | ✓ | | ✓ | | | | | ✓ | | | | |
| PTSD/ DEPRESSION | | | | | | | | | ✓ | | | ✓ | ✓ | | | | | | | | |
| SEXUAL ASSAULT | | | | | | | ✓ | | ✓ | | | | ✓ | | | | | ✓ | | | ✓ |
| SEXUAL HARASSMENT | | | | | | | ✓ | | ✓ | | | | | | | | | ✓ | | | ✓ |
| SPECIAL NEEDS | | | | ✓ | | | | | ✓ | | | ✓ | | | | | | | | | |
| SUICIDAL / HOMICIDAL | ✓ | | ✓ | | | | ✓ | | ✓ | ✓ | ✓ | ✓ | ✓ | | | | | | | | |
| WORK / SCHOOL | ✓ | ✓ | | | ✓ | ✓ | | ✓ | ✓ | ✓ | | ✓ | | | | | | | ✓ | | |

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

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
PMO - Provost Marshal's Office
SACC - Substance Assessment & Counseling Ctr
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 QUANTICO.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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