

# 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](https://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



[VETERANSCRISISLINE.NET](https://VETERANSCRISISLINE.NET)