



# WELLNESS ROADMAP

Feeling stressed and in need of help, but don't know where to start? We've got you!

LOW  
↑  
INDIVIDUAL LEVEL OF STRESS  
↓  
HIGH

## 1 CONVERSATIONS THAT MATTER

Meet, Call, Text or Message

- Reach out to trusted and close personal contacts.
  - Friends
  - Family
  - Peers
  - Deckplate Leadership



## 2 COMMAND RESOURCES

- Warrior Toughness
- Full Speed Ahead (FSA) 3.0 (Free App)
- Expanded Operation Stress Control (E-OSC). Team Leader in every command.
  - Peer-to-Peer Stress Control Program
  - Resilience Education & Training
  - Self Care/Buddy Care
  - Early recognition and mitigation of problems



## 3 CHAPLAINS

**(860) 694-3232**

or

**1-855-NAVY (6289)-311 / Text 311**

- CREDO Programs
- Safe TALK/ASIST Programs
- ARSENAL – Warfighter Resiliency Program
- 100% confidential
- No reporting requirements
- No referral needed
- No health record documentation
- More than spiritual counseling



## 4 MILITARY ONESOURCE

**1-800-342-9647**  
[militaryonesource.mil](http://militaryonesource.mil)

- Military and Family Life Counseling
- No health record documentation
- No referral needed
- Life skills (i.e., financial, stress, and coping skills)
- Non-medical counseling off base



## 5 FLEET & FAMILY SUPPORT CENTER

**(860) 694-3383**

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### Counseling, Advocacy and Prevention Programs

- New Parent Support
- Individual and Couples Counseling
  - No referral needed
  - Non-medical counseling
  - No health record documentation
- Sailor Assistance & Intercept for Life (SAIL)
  - SAIL is an evidence-based approach to intervention that provides rapid assistance, ongoing risk assessment, care coordination and reintegration assistance for service members identified with a suicide-related behavior (SRB).

### Work and Family Life Programs

- Life Skills
  - Mind Body Mental Fitness (6 Modules)
  - Parenting Classes
  - Building Healthy Relationships
  - Stress Management
  - Anger Management
- Financial Education and Counseling
- Deployment and Mobilization Support
- Transition Assistance Program
- Relocation Assistance Services
- Family Employment Services
- Exceptional Family Member Program
- Ombudsman Program



## 6 INDEPENDENT DUTY CORPSMAN/GENERAL MEDICAL OFFICER

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



## 7 EMBEDDED MENTAL HEALTH

**(860) 694 - 3505**

- Evaluate and treat mental health conditions with therapy and medications
- Fitness for duty determination
- Documents in health record
- Communicates diagnosis and plan with other providers and CO
- Provides training and command advisement



## 8 MILITARY TREATMENT FACILITIES (MTF)

**(860) 694-4123**

- Emergency Room (ER) and inpatient psychiatry services
- Group treatment, comprehensive care
- Military duty determinations
- Health record documentation
- May communicate with CO and other medical providers
- Individual therapy, inpatient and ER services



Make your wellness a priority. Be proactive in seeking support when life's stressors are getting in the way of your well-being. There is a wide range of resources to choose from. Classes on topics such as FFSC's "Mind Body Mental Fitness" give you the tools to better manage personal challenges. If you're in need of further support, counseling options are available. Taking care of your wellness is a sign of strength!

REVIEW THE BACK PAGE FOR MORE WELLNESS RESOURCES.

## EMERGENCY ROOM

- Severely injured
- Danger to self or others
- Not for routine access to care





Call your healthcare provider if stress gets in the way of your daily activities for several days in a row.



# Information & Referral Resources



## Your Next Steps

If you or your family are experiencing challenges, there are a number of services locally, regionally and nationally to help you overcome those challenges.

### Your Local FFSC



Please contact your local Fleet and Family Support Center (FFSC) with any questions regarding wellness support and other programs/services that we provide.

#### HAMPTON ROADS, VA

Dam Neck	757-492-6342	CT - New London	860-694-3383
Little Creek/Fort Story	757-462-7563	IL - Great Lakes	847-688-3603, ext. 100
Newport News	757-688-6289	NH - Portsmouth	207-438-1835
Norfolk	757-444-2102	NJ - Earle	732-866-2115
Northwest	757-421-8770	NY - Saratoga Springs	518-886-0200, ext. 146
Oceana	757-433-2912	RI - Newport	401-841-2283
Portsmouth	757-953-7801		
Yorktown	757-887-4606		

### Connect With a Chaplain



Mid-Atlantic Chaplain 24/7  
757-438-3822

Chaplains offer 100% confidential care and counseling regardless of religious beliefs. Chaplains are not mandatory reporters, and their services are open to all military, military families and authorized civilians. Chaplains also offer personal, family and marriage retreats and workshops throughout the year.

### More For Federal & Military

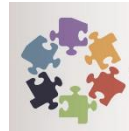


DoDSafeHelpline  
safehelpline.org or 877-995-5247



Call 988  
available 24/7

**cfpb** Consumer Financial  
Protection Bureau  
[www.consumerfinance.gov](http://www.consumerfinance.gov)  
1-855-411-2372



**MILITARY  
ONESOURCE**

Veterans/Military Crisis Line  
1-800-342-9647  
or access online chat by texting 988

Non-Appropriated Fund  
Employee Assistance Program  
Call ACI at 800-932-0034 or  
email at eapinfo@  
acispecialtybenefits.com



U.S. Department of  
Veteran Affairs  
<https://www.mentalhealth.va.gov>  
or  
Veterans Crisis Line (24/7):  
-Dial 988, then select #1  
-Text 838255  
-Visit: VeteransCrisisLine.net

**DON** Civilian Employee  
Assistance Program  
<https://magellanscend.com/>  
or by phone 1-844-DONCEAP

