

Are you feeling stressed and need help, but don't know where to start?

START HERE

# MENTAL HEALTH ROADMAP



## CHAIN OF COMMAND

Start with your peers & your supervisor! Often, they can help you get to the right resource. Sailors are encouraged to talk to their front line leader (E-6 or above) and/or Chain of Command if they are struggling or need assistance in any way.

## EXPANDED OPERATIONAL STRESS CONTROL

Navywide peer-to-peer stress control program that provides resilience education and training that promotes early recognition and mitigation of stress-related problems.

Contact your E-OSC Team Leader:

## COMMAND CHAPLAINS

Chaplains provide more than spiritual counseling – talking to your Chaplain is 100% confidential, with no reporting requirements and no health record documentation.

Contact your Chaplain:  
760-939-3506

## MILITARY ONESOURCE



Counseling for family, financial, stress, and coping skills with no referral needed and no health record documentation.

Contact Mil OneSource:  
800-342-9647 or live chat on  
[www.militaryonesource.mil](http://www.militaryonesource.mil)

## FLEET AND FAMILY SUPPORT CENTER

Offers individual and couples life skills counseling, with no referral needed and no health record documentation.

Contact your FFSC:  
760-939-4545



## MILITARY & FAMILY LIFE COUNSELING

MFLC provides non-medical counseling with flexible locations, no referral needed, no health record documentation, and minimal reporting requirements.

Contact your MFLC:  
1-800-342-9647



## INDEPENDENT DUTY CORPSMAN/ GENERAL MEDICAL OFFICER

IDCs and GMOs can place referrals to embedded mental health, MTFs, and network providers for serious conditions. They provide medical management for most mental health concerns and can communicate with CO and other providers.

Contact your IDC or GMO:  
760-939-8063



## EMBEDDED MENTAL HEALTH

EMH can evaluate and treat mental health conditions with therapy and medication. EMH is authorized to determine fit for duty and to communicate diagnosis and plans with other providers and CO.

Contact your EMH:  
(Coming Soon!)

## MILITARY TREATMENT FACILITIES

Provide inpatient psychiatry and emergency room services, group treatment, and comprehensive care; authorized to make military duty determinations and to communicate with other providers and CO.

Schedule an appointment:  
760-939-8000 or 8033



## EMERGENCY ROOM

ERs are for life-threatening conditions; ie. the patient is a danger to self or others, or has become gravely disabled.