Operational Stress Control and Readiness

Unit and Installation Resources

STRESS CONTINUUM

READY

REACTING

INJURED

ILL

STRESS CONTINUUM

Good to Go

Temporary and Mild

More Persistent or Injured

Diagnosable Illness

Even the most motivated and well-trained Marines can find themselves challenged by combat and operational stress. Listed below are some of the resources available to help Marines overcome stress-related issues. Finding the right resource is a matter of individual needs, personal preferences, location, and eligibility. If one resource is not the right fit, do not hesitate to seek out another that fits your specific needs.

OSCAR

OSCAR Team Members





Marines trained to identify, support, and advise Marines with stress reactions.



OSCAR





Provides short term solution care. (Medical, Integrated Behavioral Health Counselor (IBHC) or Chaplain services.)



OSCAR Mental Health Professionals (MHPs)







Mental Health diagnosis and treatment



Key of Services



Services and Resources for Friends & Family Unit & Installation

Military and Family Life Counselors (MFLCs)









Experienced counselors who can work with service members or their family members. http://www.mccsmcrd.com/mflc/

619 - 389-7759 or 619 - 318-7964



Dedicated to making certain that victims of sexual assault receive responsive and continuous care with timely access to supportive services.
(619) 846-6040



SARCs, VAs, UVAs



Substance Abuse Control Officers (SACOs)







Oversee the drug and alcohol revention program; command or self-referral agent.



Chaplain





Marine Corps Family Team Building (MCFTB)







Marine and Family training in the areas of Family Readiness, Readiness and Deployment Support, LifeSkills, and L.I.N.K.S.

Uniformed Readiness Coordinator (URC) /Deployment Readiness Coordinator (DRC)





URC's are the contact for all family readiness issues, MCCS programs, events, and resources.

New Parent Support Program







In-home, office-based, and virtual services and support vailable for expectant parents and parents of children 0-5. 619-524-8033/0805



Family Advocacy Program (FAP)







Addresses child abuse and domestic abuse within the Marine Corps community through prevention, identification, and treatment.

619 - 524-0465





ONLINE INFORMATION

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Real Warriors Campaign



Promotes psychological health by encouraging the military community to reach out for help whether coping with the daily stresses of military life, or concerns like depression, anxiety and PTSD.

National Resource Directory (NRD)



Provides access to services and esources at the national, state and local levels to support recovery, rehabilitation and community integration.

Marine Intercept Program



Suicide prevention and follow-up after suicide related events.

INSELING & MEDICAL

Community Counseling Program





Provides Prevention and solution-oriented counseling to Marines and their families.

Bldg. 5E, 2nd Deck 619 - 725-6377

MCRD Branch Medical Clinic







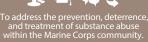
Integrated Behavioral Health Consultant- short term focused care

MHU- Diagnosis and treatment of mental illness. 619 -524-4051/6346

Substance Abuse Counseling Center (SACC)











Operational Stress Control and Readiness National Resources

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Vets4Warriors



Provides confidential peer support for all service members, veterans and their families.



Psychological Health Outreach Program (PHOP)





Helps Reservists and their family members navigate treatment options and resources, and provides screenings and referrals.



Key of Services







Services and Resources for Friends & Family



National Resource

Veterans Affairs







Mental health services to active duty Marines and their families in some

HOTLINE: 1-800-273-8255 TEXT: 838255





Offers a full range of health care & women's specialty care for all women

877-222-8388

Vet Centers





Community based and part of the Department of Veterans Affairs. Vet centers provide confidential treatment and referrals.

Cohen Clinic San Diego





Provides confidential, high quality therapy & local referral support services.

8885 Rio San Diego Drive, Suite #301 San Diego, CA 92108-1610 Email: info@cohenvvsd.org Phone: 619 -345-4611

National Domestic Violence Hotline





Confidentially provides crisis intervention, information, and referral to victims of domestic violence, perpetrators, friends, and families.

1-800-799-SAFE (7233) or TTY 1-800-787-3224 www.thehotline.org

ANONYMOUS



National Sexual Assault Hotline







Volunteers are on duty and available to con**fi**dentially help victims of rape, abuse, and incest. 1.800.656.HOPE http://apps.rainn.org/ohl-bridge/

ANONYMOUS



Give An Hour





ANONYMOUS



National Suicide Prevention Lifeline





Free and confidential support
24 hours a day, 7 days a week, to people
in crisis or emotional distress.
1-800-273-TALK (8255)

ANONYMOUS

TRICARE



North: 1-877-874-2273 West: 1-888-874-9378 South: 1-800-444-5445 www.tricare.mil



Mental Health Operational Outreach Program (MHOOD)





Walk in clinic for Active duty members to help with life stress, mental health challenges & maintain operational readiness. Naval Base San Diego, Bldg. 268 619-767-6127

MCRD Branch Clinic **Staff Health**







For other concerns and referrals please contact your Primary Care provider. 619 - 524-1565



Transition Readiness Program



Encompasses all transition programs, services and benefits available to active duty Marines, separating or retiring and their families.

program 619 - 524-5728



Tragedy Assistance Program for survivors (TAPS)



Provides resources to all those grieving the death of a military loved



Military OneSource







Short-term, non-medical counseling to Active Duty, and Reserve members and their families. General: 1-800-342-9647



inTransition



DoD-VA programthat facilitates continuation of care for service members receiving psychological health care during transitional periods. (PCS, EAS, Retirement)

https://www.pane 800 - 424-7877







