

WHERE SHOULD I GO FOR HELP?

A QUICK-ACCESS GUIDE FOR HELPFUL RESOURCES
AVAILABLE ABOARD **MCAS MIRAMAR**



BUSINESS HOURS SUPPORT						(858) 307- 4136	(858) 307- 4136	CONTACT YOUR UNIT	(858) 307- 4588	(858) 307- 6585	(858) 307- 6491	(858) 307- 2627	(858) 307- 1428	(858) 307- 4918	(858) 307- 1011	(858) 307- 9812	(703) 614- 6950	(858) 307- 1129	(877) 995- 5247	(858) 307- 8625
24/7 RESOURCES	(800) 799- 7233	(800) 342- 9647	-	(877) 995- 5247	988															
PRIMARY CONCERN	DOMESTIC ABUSE HOTLINE	MILITARY ONE- SOURCE	NAVY MEDICAL	SEXUAL ASSAULT HOTLINE	SUICIDE & CRISIS LIFELINE	CDC	CYP	DRC/ URC	EFMP	FAP	FMEAP	FOCUS	IR&R	MCFTB	MFLC	NPSP	PFMP	SAP	SARC	SL
ABUSE/NEGLECT	X	X			X			X		X			X		X					
SUBSTANCE ABUSE		X	X					X					X		X			X		
ANGER ISSUES	X	X	X					X		X			X		X					
ANXIETY/PANIC	X	X			X			X		X			X		X					
DEPLOYMENT/ RELOCATION		X						X					X	X						
DISASTER RECOVERY		X						X					X		X					
FINANCES		X						X					X				X			
GRIEF/DEATH		X						X					X		X					
MARRIAGE/FAMILY	X	X						X		X		X	X		X					
NUTRITION/ FITNESS		X	X					X					X							
PARENTING		X						X		X			X		X	X				
RELATIONSHIPS	X	X						X		X			X	X	X					
SADNESS/ DEPRESSION		X	X					X		X			X		X					
SEXUAL ASSAULT		X	X	X				X					X						X	
SEXUAL HARASSMENT		X						X					X						X	
SPECIAL NEEDS		X						X	X				X							
SUICIDAL/ HOMICIDAL		X	X		X			X					X		X					
WORK/SCHOOL		X				X	X	X			X		X		X					X

- PROGRAM ABBREVIATION KEY -

CDC - CHILD DEVELOPMENT CENTER

CYP - CHILD & YOUTH PROGRAMS

DRC/URC - DEPLOYMENT / UNIFORMED READINESS COORDINATOR

EFMP - EXCEPTIONAL FAMILY MEMBER PROGRAM

FAP - FAMILY ADVOCACY PROGRAM

FMEAP - FAMILY MEMBER EMPLOYMENT ASSISTANCE PROGRAM

FOCUS - FAMILIES OVERCOMING STRESS

IR&R - INFORMATION, REFERRAL, & RELOCATION

MCFTB - MARINE CORPS FAMILY TEAM BUILDING

MFLC - MILITARY FAMILY LIFE COUNSELOR

NPSP - NEW PARENT SUPPORT PROGRAM

PFMP - PERSONAL FINANCIAL MANAGEMENT PROGRAM

SAP - SUBSTANCE ABUSE PROGRAM

SARC - SEXUAL ASSAULT COORDINATOR

SL - SCHOOL LIAISON