

# WHERE SHOULD I GO FOR HELP?

A QUICK-ACCESS GUIDE FOR HELPFUL RESOURCES  
AVAILABLE ABOARD **MCLB BARSTOW**



BUSINESS HOURS SUPPORT						(760) 577- 6287	(760) 725- 5738	CONTACT YOUR UNIT	(760) 577- 5854	(760) 577- 6533	(760) 577- 6265	(760) 577- 5882	(760) 577- 6675	(760) 577- 6675	(760) 577- 6675	(760) 577- 6195	(760) 829- 0105	(760) 577- 6533	(760) 577- 6036	(760) 577- 5854
24/7 RESOURCES	(800) 799- 7233	(800) 342- 9647	(760) 577- 6491	(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