

**What do we do for Marines,  
their family members  
(including significant  
others & loved ones), and  
commands?**

**EDUCATE**

Conduct psycho-education briefings, workshops, and coordinate subject matter experts.

**ASSESS**

Conduct Behavioral Health Screenings and customized assessment for alcohol use, suicide, depression, and PTSD.

**REFER**

Verify, check, and provide at least 3 appropriate referrals to local military and community resources.

**FOLLOW  
UP**

Conduct weekly or bi-weekly check-ins via phone, email, text, and mail to ensure follow-through and good fit referrals.

**Contact Your Local PHOP Region  
for Assistance**

**Atlantic Region**

(Marietta, GA)  
DC, FL, GA, MD, NC, SC, VA, WV and PR  
(470) 426-6596  
(470) 426-6599

**Midwest Region**

(Kansas City, MO)  
IA, IL, IN, KS, MI, MO, OH and WI  
(816) 843-3565  
(816) 843-3519

**Northeast Region**

(Devens, MA)  
CT, DE, MA, ME, NH, NJ, NY, PA, RI and VT  
(978) 796-2306  
(978) 796-2305

**Northwest Region**

(Joint Base Lewis-McChord, WA)  
AK, CO, ID, MN, MT, ND, NE, NV, OR, SD, UT, WA  
and WY  
(253) 477-2612  
(253) 477-2611

**South Region**

(New Orleans, LA)  
AL, AR, KY, LA, MS, OK, TN and TX  
(504) 697-8720  
(504) 697-8716

**Southwest Region**

(Camp Pendleton, CA)  
AZ, CA, HI and NM  
(760) 681-9988  
(760) 681-9993



# US Marine Forces Reserve

## Psychological Health Outreach Program (PHOP)



**Mission Statement:**

An all encompassing program dedicated to providing Reservists full access to appropriate psychological health care services, increasing resiliency, and facilitating recovery, which is essential to maintaining a ready military force.



## Who Are We?

Psychological Health Outreach Program (PHOP) services are offered by a team of Licensed Clinical Professionals including many former military members and military dependents. All services are **FREE** and **CONFIDENTIAL**.

## Who is Eligible?

Marine Reservists (including IRR) and their family members (including significant others & loved ones).

## How Do You Participate in Our Program?

Contact your local PHOP team to refer yourself or refer a peer/friend/family member. We also receive referrals from commands, flash reports/SIRs, and PDHRA/ MHA referrals.

## Common Stressors

Common Stressors we assist with may include, but are not limited to, the following:

- Relationship Problems
- Deployment Related Issues
- Grief/Loss
- Substance Abuse
- Stress and Anger Management
- Unemployment & Underemployment
- Financial Assistance
- VA Healthcare & VA Disability
- Education Benefits & Scholarships
- Health Insurance & DEERs
- Housing/Homelessness
- Difficulty Sleeping
- Childcare/Parenting

## What Do We Do for Commands?

**Outreach:** Site Visits and monthly outreach via phone and email.

**Consultations:** 24/7 on-call email/phone service for any high risk SELRES or assistance with SITREPS/Flash Reports.

**Training:** Briefings and/or workshops on Operational Stress Control, Suicide Prevention, Stress/Resilience, and other customized trainings.

**Resiliency Check-ins:** PHOP conducts an onsite “**All Hands**” Behavioral Health Screening (BHS) of individual Service Members. Leadership is briefed with an **After Action Report** utilizing aggregate data from the individual BHS, that identifies local trends and a minimum of the top 5 stressors within the HTC. Through partnerships with government and community subject matter experts, PHOP follows through with a **Plan of Action** to address the identified stressors.

