



WWW.MARFORRES.MARINES.MIL | DECEMBER 2013

MARINE FORCES RESERVE

COMMUNICATOR

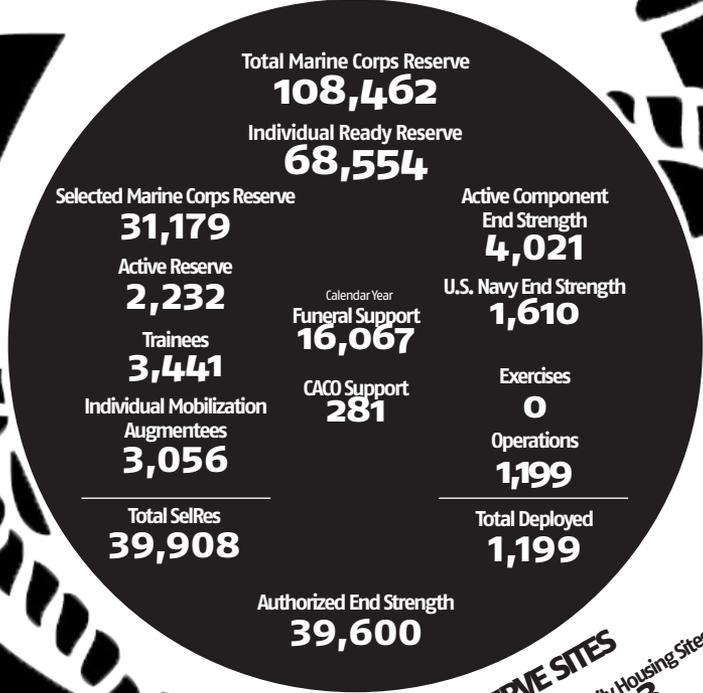
BY THE NUMBERS

* As of Nov. 30



LT. GEN. RICHARD P. MILLS

Commander, Marine Forces Reserve & Marine Forces North



RESERVE SITES
 Tenant Locations **133**
 Owned Sites **28**
 Family Housing Sites **3**

Your well-being and the well-being of your families is the life blood of our Corps and the holidays can be an emotionally difficult time of year for many. All Marines need to be aware of the programs available to cope with stress and mental health issues, should they arise. The loss of anyone in our extended family is a tragedy, particularly when most of these losses are preventable. During this season of brotherly love and togetherness, I charge each of you to look out for one another, exercise mature judgement and make the right choices when it comes to your health and the health of those around you. Be ever mindful of others in need and step in to offer aid when it is needed. Marines, sailors and civilian Marines, I wish you all safe and happy holidays and a joyous New Year. Semper Fidelis!"

LEADERSHIP

Secretary of the Navy
 Commandant of the Marine Corps
 Assistant Commandant
 Sergeant Major of the Marine Corps
 Commander, Marine Forces Reserve
 Executive Director, Marine Forces Reserve

Hon. Ray Mabus
 Gen. James F. Amos
 Gen. John M. Paxton, Jr.
 Sgt. Maj. Micheal P. Barrett
 Lt. Gen. Richard P. Mills
 Mr. Gregg T. Habel

Sergeant Major, Marine Forces Reserve
 Command Master Chief, Marine Forces Reserve
 4th Marine Division
 4th Marine Aircraft Wing
 4th Marine Logistics Group
 Force Headquarters Group

Sgt. Maj. Anthony A. Spadaro
 CMDCM Eric E. Cousin
 Brig. Gen. James S. Hartsell
 Brig. Gen. William T. Collins
 Brig. Gen. Roger R. Machut
 Brig. Gen. Paul K. Lebidine

MENTAL FITNESS

Fitness is more than just physical fitness; it also includes fitness of mind, fitness of the spirit and social fitness. Marines must be fit across all four areas in order to successfully operate in and recover from the rigors, demands and stressors of both combat and garrison environments.

REDUCING STRESS DURING THE HOLIDAYS

In your duties as a Marine, you may not be able to be with your family for the holidays. Situations may also arise where your family may be in a new environment. This can be stressful for anyone, but it doesn't have to be. Take some time to create your own traditions! No matter where your service takes you, you can find a sense of stability in traditions established in your new home. You don't have to try and re-create Christmas at Grandmas.

Also, don't become a recluse over the holidays. There are other Marines who are ready and willing to bring you in and experience the holidays with your brothers and sisters in arms.

PSYCHOLOGICAL HEALTH OUTREACH PROGRAM

The U.S. Marine Corps Reserve Psychological Health Outreach Program has been established to ensure that Reserve Marines and their family members have full access to appropriate psychological health care services, to increase resilience and to facilitate a "culture of support for psychological health."

CAPABILITIES

1. Psycho-educational briefings
2. Behavioral health screenings
3. Client management
4. Resource/referral services
5. Demobilization outreach
6. Partnering, collaborating and coordinating with local and military providers.

CONTACT

Northeast **(978) 796-2306**
Northwest **(253) 477-2611**
Atlantic **(678) 655-7177**
Midwest **(816) 843-3675**
Southwest **(650) 244-9896**
South **(504) 697-8716**

MILITARYONESOURCE.MIL

An around-the-clock information and referral service that provides free counseling on subjects such as: parenting, education, finances, legal, deployment, etc.

(800) 342-9647

MARINE2MARINE

The Marine Corps DSTRESS line is a 24/7, anonymous phone and chat counseling service with a Marine-to-Marine approach. The call center is staffed with veteran Marines, former FMF Corpsmen, Marine Corps family members and licensed clinicians with specific training in Marine Corps culture.

(877) 476-7734

