



- **DSTRESS** - 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.
Website – www.dstressline.com
Phone – 1-877-476-7734
- **Marine Forces Reserve MARINE CORPS COMMUNITY SERVICES (MCCS)** – Provides information and referral on everyday issues such as finding childcare, dealing with stress, helping children deal with a parent’s deployment, reunion and reintegration after combat duty, making a PCS move, creating a budget, caring for older relatives, making large-scale consumer purchases, and finding services in the local and military communities, etc. MCCS has cognizance over the following programs: Tuition Assistance, Substance Abuse Prevention & Intervention, Suicide Prevention, Combat Operational Stress Control, Marine Corps Family Team Building, Semper Paratus and the Yellow Ribbon Reintegration Program (YRRP).
Website - www.marforres.marines.mil/GeneralSpecialStaff/MarineCorpsCommunityServices.aspx
Phone – 1-866-305-9058
- **Marine Forces Reserve Psychological Health Outreach Program (MFR PHOP)** – Provides Marine Forces Reserve service members with full access to appropriate health care services, increase resilience, and facilitate recovery, which is essential to maintaining a ready military forces.
Website – N/A
Phone – a. Northeast Region – (978) 796-2306 or (978) 796-3633 (Devens, MA) CT, DE, ME, MA, NH, NJ, NY, PA, RI, and VT
b. Northwest Region – (253) 477-2611 or (253)477-2612 (Fort Lewis, WA) AK, CO, ID, KS, MN, MT, NV, NE, ND, OR, SD, UT, WA, and WY
c. Atlantic Region – (678) 655-7177 or (678) 655-7179 (Marietta, GA) DC, FL, GA, MD, NC, PR, SC, VA, and WV
d. Midwest Region – (816) 843-3675 or (816) 843-3678 (Kansas City, MO) IA, IL, IN, MI, MO, OH, and WI
e. South Region – (504) 697-8716 or (504) 697-8720 (New Orleans, LA) AL, AR, KY, LA, MS, OK, TN, and TX
f. Southwest Region – (650) 244-9806 ext 1007 or (650) 244- 9806 ext 1503 (San Bruno, CA) AZ, CA, HI, NM
- **Military OneSource** - Provides resources and support to active-duty, National Guard, and Reserve service members and their families anywhere in the world. The program is available 24 hours a day, 7 days a week at no cost to users.
Website – www.militaryonesource.com
Phone – 1-800-342-9647
- **Marine Forces Reserve Sexual Assault Prevention & Response (SAPR) Helpline** - Provides live, confidential assistance to victims 24 hours a day, 7 days a week.
Website – N/A
Phone – 1-877-432-2215
Text – 504-655-3521
- **National Suicide Prevention Lifeline** - a free, 24-hour hotline available to anyone in suicidal crisis or emotional distress. Your call will be routed to the nearest crisis center to you.
Website - www.suicidepreventionlifeline.org/
Phone - 1-800-273-TALK (8255)



- **DOD Safe Helpline** – Provides live, confidential help through a secure instant-messaging format at SafeHelpline.org and over the phone. The website also contains vital information about recovering from and reporting a sexual assault. The Telephone Helpline staff can even transfer callers to installation/base Sexual Assault Response Coordinators (SARCs), Veterans Benefits Administration (VBA) Coordinators, Military OneSource, the National Suicide Prevention Lifeline, and civilian sexual assault service providers. The phone number is the same in the U.S. and worldwide via the Defense Switched Network (DSN).
Website – SafeHelpline.org
Phone – 1- 877-995-5247
- **Veterans Crisis Line** - connects Veterans in crisis and their families and friends with qualified, caring Veterans Affairs responders through a confidential toll-free hotline, online chat, or text. Veterans and their loved ones can call **1-800-273-8255** and **Press 1**, [chat online](#), or send a text message to **838255** to receive confidential support 24 hours a day, 7 days a week, 365 days a year. Support for [deaf and hard of hearing](#) individuals is available.
- **Marine For Life** - Provides nationwide assistance to Marines who are returning to civilian life, Marine reservists and all Marine veterans throughout their lives. Marine For Life also assists Sailors who have served with Marine Corps units. The goal of Marine For Life is to harness the skills, contacts and personal and professional networks of Marine Corps veterans and others in the community—to form a network to help Marines.
Website – www.marineforlife.org
Phone – a. Northeast Region – (703) 432-5471 servicing CT, IL, IN, ME, MA, MI, NH, NJ, NY, OH, PA, RI, VT and WI
b. Northwest Region – (619) 796-5779 servicing AK, AZ, CA, HI, ID, MT, NV, OR, UT, WA, and WY
c. Southeast Region – (910) 450-7426 servicing AL, DE, FL, GA, KY, MD, MS, NC, TN, SC, VA, and WV
d. Central Region – (866) 645-8762 servicing AK, CO, IA, KS, LA, MN, MO, NE, NM, ND, OK, SD and TX
- **SAMHSA** - works to improve the quality and availability of substance abuse prevention, alcohol and drug addiction treatment, and mental health services.
Website - <http://www.samhsa.gov/>
Phone – 1-800-662-HELP (4357)
- **Tri-Care** - Provides information on your military health benefits. As a military family member covered under TRICARE, you may go directly to mental health providers in the TRICARE network for care for anxiety, depression, or other serious emotional issues.
Website - www.tricare.mil
Phone - North Region TRICARE 1-877-874-2273
South Region TRICARE 1-800-444-5445
West Region TRICARE 1-800-558-1746
- **Navy Marine Corps Relief Society** - Can provide financial training for all military families, and emergency loans for active military.
Website - www.nmcrs.org
Phone – N/A (Go to website for nearest location information)



- **American Red Cross** – Provides domestic disaster relief, community services that help the needy, support and comfort for military members and their families, the collection, processing and distribution of lifesaving blood and blood products, educational programs that promote health and safety, and international relief and development programs.
Website - www.redcross.org
Phone - 1-877-272-7337
- **Our Military Kids** – Provides tangible support to children of deployed National Guard and Reserve personnel as well as to children of severely injured service members through grants for enrichment activities and tutoring. Such activities help these children cope with the stress of having a parent in a war zone or recovering from injury at home. Our Military Kids grants are made to honor the sacrifices that military families make and to ensure that their children have access to sports, fine arts, or academic tutoring programs.
Website – www.ourmilitarykids.org
Phone – 1-866-691-6654
- **Afterdeployment.org** – Is the DoD-response to the 2006/2007 National Defense Authorization Act (NDAA) requiring an internet-based platform focused on psychological health issues often experienced following a deployment.
Website - www.afterdeployment.org
Phone - 866-966-1020
- **VA Mental Health** - Office of Mental Health Services (OMHS) internet site for Veterans, their family members, and community mental health providers.
Website - www.mentalhealth.va.gov/
Phone - 1-800-827-1000
- **Vet Centers** - provide individual, group and family counseling to all veterans who served in any combat zone. Services are also available for their family.
Website – www.vetcenters.va.gov
Phone - 1-800-827-1000
- **National Center for PTSD** - The National Center for Posttraumatic Stress Disorder (PTSD) conducts cutting edge research and apply resultant findings to: "Advance the Science and Promote Understanding of Traumatic Stress." Fact sheets, videos, and more about trauma to help answer your questions about PTSD and related issues.
Website - www.ncptsd.va.gov
Phone - 1-800-273-8255
- **The Brain Line** - Traumatic brain injury resource. Brain injury facts, information, symptoms and support. Resources for preventing, treating, and living with brain injury.
Website – www.brainline.org
Phone – N/A (Go to website for nearest location information)
- **Defense Center of Excellence** - The Outreach Center answers questions and provides tools, tips and resources about psychological health and traumatic brain injury 24/7 365 days a year for members of all military services (including the National Guard and Reserve), families, health care providers, military leaders and employers. It is staffed by psychological health consultants and nurses with advanced degrees and expertise in psychological health and traumatic brain injury issues. Information and resources can be accessed by telephone, website, email or real time chat with a health resource consultant. All information and referrals are provided without charge.
Website - www.dcoe.health.mil
Phone - 866-966-1020



- **National Resource Directory** - The National Resource Directory (NRD) provides access to services and resources at the national, state and local levels that support recovery, rehabilitation and community reintegration.
Website - www.nationalresourcedirectory.gov/
Phone - N/A (Go to website for more information)
- **Military Health System** - Active duty service members, retirees, and their families benefit every day from the Military Health System's commitment to care. From online mental health resources to research initiatives that determine health risks to the communication efforts that inform on the most up-to-date medical news, the MHS is an organization dedicated to keeping every current and retired service member healthy and strong.
Website - www.health.mil
Phone - N/A (Go to website for more information)
- **Real Warriors** - The campaign features stories of real service members who have sought treatment and are continuing to maintain successful military or civilian careers. In addition, DCoE established the DCoE Outreach Center, a 24/7 call center staffed by health resource consultants to provide confidential answers, tools, tips and resources about psychological health and traumatic brain injury. The Outreach Center can be reached via e-mail at resources@dcoeoutreach.org.
Website - www.realwarriors.net
Phone - 866-966-1020
- **Military Home Front** - The Department of Defense website for a wide range of quality-of-life information. For information related to deployment issues, click on "Troops and Families," then on "Deployment Readiness."
Website - www.militaryhomefront.dod.mil
Phone - N/A (Go to website for more information)
- **National Guard Bureau Joint Services Support** - Provides access to National Guard resources in your state, information on deployment events in your area, and links to the National Guard Family Program, Yellow Ribbon Reintegration Program, Employer Support of the Guard and Reserve, and more.
Website - www.jointservicessupport.org
Phone - N/A (Go to website for more information)
- **National Guard Family Assistance Center** - These centers are in multiple locations within every state to support all military families before, during, and after deployment. Find the center nearest you by going to www.jointservicessupport.org and click on "Find Local Resources".
Website - www.jointservicessupport.org
Phone - N/A (Go to website for more information)
- **NACCRA** - Helps military families find affordable, quality child care.
Website - www.naccra.org/MilitaryPrograms
Phone - 1800-424-2246
- **Military Child Education Coalition** - Helps military families ensure quality educational opportunities for children affected by relocation, family separation, and transition. Click on "Publications" to find deployment support resources for families and schools.
Website - www.militarychild.org
Phone - 1-800-953-1923



- **Employer Support of the Guard and Reserve (ESGR)** - ESGR facilitates and promotes a cooperative culture of employer support for National Guard and Reserve service by developing and advocating mutually beneficial initiatives; recognizing outstanding employer support; increasing awareness of applicable laws and policies; resolving potential conflicts between employers and their service members; and acting as the employers' principal advocate within DoD.
Website - www.esgr.mil
Phone - For a workplace issue, conflict or question call the Customer Service Center to speak with a representative: 1-800-336-4590 - Option 1
- **National Military Family Association** - Information for military families on a wide range of issues. Find deployment information under "Get Info" and "Publications."
Website - www.militaryfamily.org
Phone - N/A (Go to website for more information)

