

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.

