





Military OneSource is your connection to information, answers and support when MilLife happens. We can help you overcome challenges, reach your goals and thrive.



MILITARYONESOURCE.MIL



(800)-342-9647



The Military Crisis Line, text-messaging service, and online chat provide free VA support for all Service members, including members of the National Guard and Reserve, and all Veterans, even if they are not registered with VA or enrolled in VA health care.



VETERANSCRISISLINE.NET



DIAL (1-800)273-8255



## PROGRAM ABBREVIATION KEY

**CCP - Community Counseling Program** 

**CDC - Child Development Center** 

**DRC - Deployment Readiness Coordinator** 

**EFMP - Exceptional Family Member** 

**FAP - Family Advocacy** 

FMEAP - Family Member Employment Assistance Program

**FOCUS - Families Over Coming Under Stress** 

IRR - Information, Referral and Relocation

M & FP - Marine & Family Programs

**MFCTB - Marine Corps Family Team Building** 

**MFLC - Military Family Life Counselor** 

**MOS - Military OneSource** 

**NPSP - New Parent Support Program** 

**PFMP - Personal Financial Management Program** 

**SAP - Substance Abuse Program** 

**SARC - Sexual Assault Response Coordinator** 

**SLS - School Liaison** 

**URC - Uniformed Readiness Coordinator** 

**VAH - Victim Advocacy Helpline** 



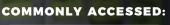
## WHERE SHOULD I GO FOR HELP?

A QUICK-ACCESS GUIDE FOR HELPFUL
RESOURCES AVAILABLE ON YOUR INSTALLATION



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\* SEE REVERSE SIDE FOR ABBREVIATION KEY

	A													ABBRE	BBREVIATION KEY				
PHONE NUMBER																			
PRIMARY CONCERN																			
ABUSE / NEGLECT																			
ALCOHOL / DRUGS																			
ANGER ISSUES																			
ANXIETY / PANIC																			
DEPLOYMENT / RELOCATION																			
DISASTER RECOVERY																			
FINANCES																			
GRIEF / DEATH																			
MARRIAGE & FAMILY																			
NUTRITION / FITNESS																			
PARENTING																			
RELATIONSHIPS																			
SADNESS / DEPRESSION																			
SEXUAL ASSAULT																			
SEXUAL HARASSMENT																			
SPECIAL NEEDS																			
SUICIDAL / HOMICIDAL																			
WORK / SCHOL																			
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