

WHERE SHOULD I GO FOR HELP?

A QUICK-ACCESS GUIDE FOR HELPFUL RESOURCES
AVAILABLE ABOARD **MCB OKINAWA**



OKINAWA.USMC-MCCS.ORG

BUSINESS HOURS SUPPORT						(098) 970- 4505	(098) 970- 4117	(098) 970- 9237	CONTACT YOUR UNIT	(098) 970- 2915	(098) 970- 3151	(098) 970- 6077	(098) 970- 2104	(098) 970- 3689	(315) 645- 2104	(098) 970- 0396	(098) 970- 2104	(098) 970- 2134	(098) 970- 3009	(098) 970- 3205
24/7 RESOURCES	(800) 799- 7233	(800) 342- 9647	(098) 971- 9355	(877) 995- 5247	988															
PRIMARY CONCERN	DOMESTIC ABUSE HOTLINE	MILITARY ONE- SOURCE	NAVY MEDICAL	SEXUAL ASSAULT HOTLINE	SUICIDE & CRISIS LIFELINE	CDC	CYP	EFMP	DRC/URC	FAP	FMEAP	FOCUS	IR&R	MCFTB	MFLC	NPSP	PFMP	SARC	SAP	SL
ABUSE/NEGLECT	X		X		X				X	X			X		X					
SUBSTANCE ABUSE				X	X				X				X		X				X	
ANGER ISSUES	X			X	X				X	X			X		X					
ANXIETY/PANIC	X		X		X				X	X			X		X					
DEPLOYMENT/ RELOCATION					X				X				X	X						
DISASTER RECOVERY					X				X				X		X					
FINANCES					X				X				X				X			
GRIEF/DEATH					X				X				X		X					
MARRIAGE/FAMILY	X				X				X	X		X	X		X					
NUTRITION/ FITNESS				X	X				X				X							
PARENTING					X				X	X			X		X	X				
RELATIONSHIPS	X				X				X	X			X	X	X					
SADNESS/ DEPRESSION				X	X				X	X			X		X					
SEXUAL ASSAULT		X		X	X				X				X					X		
SEXUAL HARASSMENT					X				X				X					X		
SPECIAL NEEDS					X			X	X				X							
SUICIDAL/ HOMICIDAL			X	X	X				X				X		X					
WORK/SCHOOL					X	X	X		X		X		X		X					X

- PROGRAM ABBREVIATION KEY -

CDC - CHILD DEVELOPMENT CENTER	FAP - FAMILY ADVOCACY PROGRAM	MCFTB - MARINE CORPS FAMILY TEAM BUILDING	SAP - SUBSTANCE ABUSE PROGRAM
CYP - CHILD & YOUTH PROGRAMS	FMEAP - FAMILY MEMBER EMPLOYMENT ASSISTANCE PROGRAM	MFLC - MILITARY FAMILY LIFE COUNSELOR	SARC - SEXUAL ASSAULT RESPONSE COORDINATOR
DRC/URC - DEPLOYMENT / UNIFORMED READINESS COORDINATOR	FOCUS - FAMILIES OVER COMING UNDER STRESS	NPSP - NEW PARENT SUPPORT PROGRAM	SL - SCHOOL LIAISON
EFMP - EXCEPTIONAL FAMILY MEMBER PROGRAM	IR&R - INFORMATION, REFERRAL, & RELOCATION	PFMP - PERSONAL FINANCIAL MANAGEMENT PROGRAM	