

WHERE SHOULD I GO FOR HELP?

A QUICK-ACCESS GUIDE FOR HELPFUL RESOURCES
AVAILABLE **ABOARD MCRD SAN DIEGO**



BUSINESS HOURS SUPPORT						(619) 524- 4430	(619) 524- 4430	(619) 524- 8031	CONTACT YOUR UNIT	(619) 524- 0465	(619) 524- 8640	(619) 556- 6075	(619) 524- 5732	(619) 718- 3763	(619) 524- 5732	(619) 524- 0465	(619) 524- 1204	(619) 524- 1836	(619) 846- 6040	(619) 524- 8032
24/7 RESOURCES	(800) 799- 7233	(877) 995- 5247	988	(619) 532- 8101	(800) 342- 9647															
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	SAP	SARC	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 COORDINATOR
DRC/URC - DEPLOYMENT / UNIFORMED READINESS COORDINATOR	FOCUS - FAMILIES OVERCOMING STRESS	NPSP - NEW PARENT SUPPORT PROGRAM	SL - SCHOOL LIAISON
EFMP - EXCEPTIONAL FAMILY MEMBER PROGRAM	IR&R - INFORMATION, REFERRAL, & RELOCATION	PFMP - PERSONAL FINANCIAL MANAGEMENT PROGRAM	