

PENSACOLA AREA MENTAL HEALTH ROADMAP

ACTIVE-DUTY SERVICE MEMBERS

Stressed and want help but don't know where to start? We got you!

LOW

INDIVIDUAL LEVEL OF STRESS

HIGH

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CHAPLAINS

Command Chaplain: (850) 739-9007
After Hours Chaplain: (850) 554-5754

- 100% confidential
- More than spiritual counseling
- No reporting requirement
- No referral needed
- No health record documentation
- Eligible: All Branches

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MILITARY & FAMILY LIFE COUNSELING

Formally, Employee Assistance Program

- Non-medical (no safety concerns) counseling
- Minimal reporting requirements
- No referral needed or health record documentation

Contact:

NORU (850) 377-1348/1350
Air Force 479th (850) 572-3921
Air Force 316th (850) 426-7632
Corry Station/NASP (850) 426-7359

Coast Guard:

U.S. Coast Guard Support (CG SUPRT)

Contact: 855-CG-SUPRT or 855-247-8778

Web: www.cgsuprt.com

- F24/7 Support for Active-Duty CG members and family members
- Support for personal concerns including depression, relationship problems, and career transitions

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FLEET & FAMILY SUPPORT CENTER

Information and Appointments: (850) 452-5990

- Non-medical counseling and life skills (financial, stress, coping skills, and individual/child/couples counseling)
- Minimal reporting requirements
- No referral needed or health record documentation

FLEET & FAMILY Virtual Counseling

- To get started: 1-855-205-6749
- Remote licensed clinicians providing non-medical counseling
- Additional flexibility due to remote access
- Eligible: Resources and services differ by branch

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MILITARY ONESOURCE

Contact: (800) 342-9647
MilitaryOneSource.mil

- Non-medical counseling and life skills (financial, stress, coping skills, and individual/couples counseling)
- Minimal reporting requirements
- No referral need or health record documentation
- Eligible: All Branches

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OUTPATIENT MENTAL HEALTH, NMRTC PENSACOLA & NASP BRANCH CLINIC

Appointments (via referral or command recommendation)

NHP: (850) 505-6900 NASP: (850) 505-7453

- Acute safety screening, triage, and military duty determinations
- Brief treatment and/or referral to MTF/Network (individual, group, and medication management)
- May communicate with CO and other medical providers
- Health record documentation
- Eligible: All AD and Activated Service members

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PRIMARY CARE DOCTOR OR FLIGHT SURGEON

Appointment Line: (850) 505-7171

- Places referrals to MTF/Network for therapy and/or military mental health evaluation for more serious conditions
- Some initial medication management
- Health record documentation
- Eligible: Assigned by command and branch

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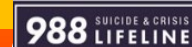


EMERGENCY ROOM

Not for routine access to care

- Danger to self, others, or gravely disabled
- Closest ER: Baptist Hospital and HCA Florida West Hospital
- Let your chain of command know so you may be escorted to and from
- If hospitalized for behavioral health concerns, follow-up with military outpatient mental health clinic

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SUICIDE & CRISIS HOTLINE

Dial: 988

- Open 24/7
- Free and confidential support for emotional distress and suicidal crisis