

PENSACOLA AREA MENTAL HEALTH ROADMAP

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

LOW

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CHAPLAINS

Command Chaplain: (850) 739-9007

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

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MILITARY & FAMILY LIFE COUNSELING

Contact:

NORU (850) 377-1348/1350

Air Force 479th (850) 572-3921

Air Force 316th (850) 426-7632

Corry Station (Adult) (850) 426-7359
(850) 619-9065

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



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

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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

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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

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OUTPATIENT MENTAL HEALTH, NMRTC PENSACOLA & NASP BRANCH CLINIC

Appointments (via referral or command recommendation)

NHP: (850) 505-6749 NASP: (850) 452-5149

- 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



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

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DOWNLOAD THE NAVY'S MENTAL HEALTH PLAYBOOK



HIGH