

# WHERE SHOULD I GO FOR HELP?

A QUICK-ACCESS GUIDE FOR HELPFUL RESOURCES  
AVAILABLE ABOARD [MCB OKINAWA](#)



BUSINESS HOURS SUPPORT						(098) 970- 4117	(098) 970- 4117	(098) 970- 9237	CONTACT YOUR UNIT	(098) 970- 2915	(098) 970- 5555	(098) 970- 6077	(098) 970- 5555	(098) 970- 3689	(315) 645- 2104	(098) 970- 0396	(098) 970- 5555	(098) 970- 2134	(098) 970- 3009	(098) 970- 3205
24/7 RESOURCES	(800) 799- 7233	(877) 995- 5247	988	(098) 971- 9355	(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	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

**CYP** - CHILD & YOUTH PROGRAMS

**DRC/URC** - DEPLOYMENT / UNIFORMED READINESS COORDINATOR

**EFMP** - EXCEPTIONAL FAMILY MEMBER PROGRAM

**FAP** - FAMILY ADVOCACY PROGRAM

**FMEAP** - FAMILY MEMBER EMPLOYMENT ASSISTANCE PROGRAM

**FOCUS** - FAMILIES OVERCOMING STRESS

**IR&R** - INFORMATION, REFERRAL, & RELOCATION

**MCFTB** - MARINE CORPS FAMILY TEAM BUILDING

**MFLC** - MILITARY FAMILY LIFE COUNSELOR

**NPSP** - NEW PARENT SUPPORT PROGRAM

**PFMP** - PERSONAL FINANCIAL MANAGEMENT PROGRAM

**SAP** - SUBSTANCE ABUSE PROGRAM

**SARC** - SEXUAL ASSAULT COORDINATOR

**SL** - SCHOOL LIAISON