

# 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

**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