

# Operational Stress Control and Readiness

## Unit and Installation Resources

STRESS CONTINUUM

**READY**

**REACTING**

**INJURED**

**ILL**

STRESS CONTINUUM

Good to Go

Temporary and Mild

More Persistent or Injured

Diagnosable Illness

Even the most motivated and well-trained Marines can find themselves challenged by combat and operational stress. Listed below are some of the resources available to help Marines overcome stress-related issues. Finding the right resource is a matter of individual needs, personal preferences, location, and eligibility. If one resource is not the right fit, do not hesitate to seek out another that fits your specific needs.

<b>OSCAR</b>	<b>OSCAR Team Members</b>  Marines trained to identify, support, and advise Marines with stress reactions.	<b>OSCAR Extenders</b>  Provides short term solution care. (Medical, Integrated Behavioral Health Counselor (IBHC) or Chaplain services.)	<b>OSCAR Mental Health Professionals (MHPs)</b>  Mental Health diagnosis and treatment MCRD Mental Health Unit 619 - 524-4051/6346	<b>Key of Services</b>  Counseling  Referrals  Medical Screening  Unit Resources  Services and Resources for Friends & Family  Educational Workshops & Resiliency Training  Unit & Installation Resources  National Resources		
	<b>UNIT</b>	<b>Military and Family Life Counselors (MFLCs)</b>  Experienced counselors who can work with service members or their family members. <a href="http://www.mccsmcrd.com/mflc/">http://www.mccsmcrd.com/mflc/</a> 619 - 389-7759 or 619 - 318-7964	<b>SARCs, VAs, UVAs</b>  Dedicated to making certain that victims of sexual assault receive responsive and continuous care with timely access to supportive services. (619) 846-6040 DOD SafeHelpline 1-877-995-5247 <a href="http://www.safehelpline.org">www.safehelpline.org</a>	<b>Substance Abuse Control Officers (SACOs)</b>  Oversee the drug and alcohol prevention program; command or self-referral agent. See your unit representative	<b>Chaplain</b> Chaplain services are confidential.  Duty Phone: (619) 770-0478 Depot Chaplain: 619 - 524-8822 Contact your unit Chaplain or Religious Program Specialist (RP)	
		<b>FAMILY</b>	<b>Marine Corps Family Team Building (MCFTB)</b>  Marine and Family training in the areas of Family Readiness, Readiness and Deployment Support, LifeSkills, and L.I.N.K.S. 619 - 524-0916	<b>Uniformed Readiness Coordinator (URC) /Deployment Readiness Coordinator (DRC)</b>  URC's are the contact for all family readiness issues, MCCS programs, events, and resources. Contact your unit representative	<b>New Parent Support Program</b>  In-home, office-based, and virtual services and support available for expectant parents and parents of children 0-5. 619-524-8033/0805	<b>Family Advocacy Program (FAP)</b>  Addresses child abuse and domestic abuse within the Marine Corps community through prevention, identification, and treatment. Bldg 6E 619 - 524-0465 24/7 VA Support 619 - 279-6113
			<b>ONLINE INFORMATION</b>	<b>COSC</b>  All policies and programs to prevent, identify, and holistically treat mental injuries caused by combat or other operations. <a href="http://www.manpower.usmc.mil/cosc">www.manpower.usmc.mil/cosc</a> HQMC_COSCC@usmc.mil	<b>Real Warriors Campaign</b>  Promotes psychological health by encouraging the military community to reach out for help whether coping with the daily stresses of military life, or concerns like depression, anxiety and PTSD. <a href="http://www.realwarriors.net">www.realwarriors.net</a>	<b>National Resource Directory (NRD)</b>  Provides access to services and resources at the national, state and local levels to support recovery, rehabilitation and community integration. <a href="http://nrd.gov">nrd.gov</a>
<b>PREVENTION, COUNSELING &amp; MEDICAL</b>				<b>Community Counseling Program</b>  Provides Prevention and solution-oriented counseling to Marines and their families. <a href="http://www.mccsmcrd.com/community-counseling-program/">http://www.mccsmcrd.com/community-counseling-program/</a> Bldg. 5E, 2nd Deck 619 - 725-6377	<b>MCRD Branch Medical Clinic</b>  Integrated Behavioral Health Consultant- short term focused care (619)-524-5351 MHU- Diagnosis and treatment of mental illness. 619 -524-4051/6346	<b>Substance Abuse Counseling Center (SACC)</b>  To address the prevention, deterrence, and treatment of substance abuse within the Marine Corps community. Bldg 14 619 - 524-1836

# Operational Stress Control and Readiness National Resources

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PHONE

## Vets4Warriors



Provides confidential peer support for all service members, veterans and their families.

855-838-8255



## Psychological Health Outreach Program (PHOP)



Helps Reservists and their family members navigate treatment options and resources, and provides screenings and referrals.

<https://www.marforres.marines.mil/Staff-Sections/Special-Staff/Health-Services-Support/Psychological-Health-Outreach-Program/>

1-866-578-7467



## Key of Services

- Counseling
- Medical Screening
- Services and Resources for Friends & Family
- Unit & Installation Resources
- Referrals
- Unit Resources
- Educational Workshops & Resiliency Training
- National Resources

DoD & VA

## Veterans Affairs



Mental health services to active duty Marines and their families in some areas.

HOTLINE: 1-800-273-8255  
TEXT: 838255



## Women's Health Transition Training



Offers a full range of health care & women's specialty care for all women service members transitioning out of service.

[va.gov/womenvet/whtt](http://va.gov/womenvet/whtt)  
877-222-8388



## Vet Centers



Community based and part of the Department of Veterans Affairs. Vet centers provide confidential treatment and referrals.

1-877-WAR-VETS or 1-877-927-8387  
[www.vetcenter.va.gov](http://www.vetcenter.va.gov)



## Cohen Clinic San Diego



Provides confidential, high quality therapy & local referral support services.

<https://vvsd.net/cohenclinicsandiego/>

8885 Rio San Diego Drive, Suite #301  
San Diego, CA 92108-1610  
Email: [info@cohenvvsd.org](mailto:info@cohenvvsd.org)  
Phone: 619-345-4611



CIVILIAN

## National Domestic Violence Hotline



Confidentially provides crisis intervention, information, and referral to victims of domestic violence, perpetrators, friends, and families.

1-800-799-SAFE (7233) or  
TTY 1-800-787-3224  
[www.thehotline.org](http://www.thehotline.org)

ANONYMOUS



## National Sexual Assault Hotline



Volunteers are on duty and available to confidentially help victims of rape, abuse, and incest.

1.800.656.HOPE  
<http://apps.rainn.org/ohl-bridge/>

ANONYMOUS



## Give An Hour



Civilian mental health providers who donate time to provide free and confidential counseling to service members and their families.

<http://giveanhour.org/>

ANONYMOUS



## National Suicide Prevention Lifeline



Free and confidential support 24 hours a day, 7 days a week, to people in crisis or emotional distress.

1-800-273-TALK (8255)

[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

ANONYMOUS



MEDICAL

## TRICARE



Please have sponsor SSN ready.

North: 1-877-874-2273  
West: 1-888-874-9378  
South: 1-800-444-5445  
[www.tricare.mil](http://www.tricare.mil)



## Mental Health Operational Outreach Program (MHOOD)



Walk in clinic for Active duty members to help with life stress, mental health challenges & maintain operational readiness.

Naval Base San Diego, Bldg. 268  
619-767-6127



## MCRD Branch Clinic Staff Health



For other concerns and referrals please contact your Primary Care provider.  
619-524-1565



ADDITIONAL RESOURCES

## Transition Readiness Program



Encompasses all transition programs, services and benefits available to active duty Marines, separating or retiring and their families.

[mccsmcrd.com/transition-readiness-program](http://mccsmcrd.com/transition-readiness-program)  
619-524-5728



## Tragedy Assistance Program for survivors (TAPS)



Provides resources to all those grieving the death of a military loved one.

800-959-8277



## Military OneSource



Short-term, non-medical counseling to Active Duty, and Reserve members and their families.

General: 1-800-342-9647  
<https://www.militaryonesource.mil>



## inTransition



DoD-VA program that facilitates continuation of care for service members receiving psychological health care during transitional periods. (PCS, EAS, Retirement)

<https://www.pdhealth.mil/resources/intransition>  
800-424-7877

