

WHERE SHOULD I GO FOR HELP?

A QUICK-ACCESS GUIDE FOR HELPFUL RESOURCES
AVAILABLE ABOARD **MCAS CHERRY POINT**



| BUSINESS HOURS SUPPORT | | | | | | (252) 466- 3782 | (252) 466- 5605 | CONTACT YOUR UNIT | (252) 466- 7533 | (252) 466- 3264 | (252) 466- 4201 | (910) 450- 5635 | (252) 466- 4201 | (252) 446- 4101 | (252) 497- 1685 | (252) 466- 3651 | (252) 466- 4201 | (252) 466- 7568 | (252) 466- 4401 | (252) 466- 7648 |
|---------------------------|------------------------------|----------------------------|-----------------------|------------------------------|---------------------------------|-----------------------|-----------------------|-------------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| 24/7 RESOURCES | (800) 799- 7233 | (800) 342- 9647 | (252) 466- 0921 | (877) 995- 5247 | 988 | | | | | | | | | | | | | | | |
| PRIMARY CONCERN | DOMESTIC ABUSE HOTLINE | MILITARY ONE- SOURCE | NAVY MEDICAL | SEXUAL ASSAULT HOTLINE | SUICIDE & CRISIS LIFELINE | CDC | CYP | DRC/ URC | EFMP | 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