



3D MARINE LITTORAL REGIMENT RESOURCES



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| <p>MILITARY FAMILY LIFE COUNSELOR (MFLC) embedded 571-376-3841 Bldg 6722</p> <p><i>Confidential, non-medical counseling and skill building, no notes or records</i></p> | <p>EMBEDDED MENTAL HEALTH (EMH) OSCAR (Bldg 6906 2nd Deck) 808-257-3365 Option 9 EXT. 7650 or 7651</p> <p><i>For Active Duty Service Members only. Embedded, deployable, mental health providers. Outpatient medical counseling, psychiatry, and medication.</i></p> | <p>3d MLR Athletic Training (Bldg 1033) 808-257-4199</p> <p><i>Sports medicine, injury prevention and rehabilitation, preventative care and athletic education for 3dMLR Active Duty members.</i> Hours: Mon-Fri: 0600-1400 Email: 3dmlr_athletic_trainers@usmc.mil</p> | <p>REGIMENTAL CHAPLAIN 808-807-6684 Bldg 6721R</p> <p><i>Chaplains provide completely confidential, spiritual, humanistic supportive care, and assistance with humanitarian reassignments</i></p> |
| <p>FAMILY ADVOCACY PROGRAM (FAP) 808-257-7780 Bldg 216 mccshawaii.com/familyadvocacy/ <i>Prevention and education on stress, anger management, healthy relationships, and parenting.</i> 24/7 Abuse Hotline 808-216-7175</p> | <p>COMMUNITY COUNSELING PROGRAM (CCP) 808-257-7780 Bldg 216 mccshawaii.com/ccp/</p> <p><i>Individual, couples & family counseling services for stress, communication, adjustment, relationships, and grief/loss</i></p> | <p>SUBSTANCE ABUSE COUNSELING CENTER (SACC) 808-257-2456 Bldg 279 mccshawaii.com/substanceabuse</p> <p><i>Awareness/prevention education, clinical treatment, for substance and/or gambling disorders. Tobacco cessation.</i></p> | <p>DELOYMENT READINESS COORDINATOR 808-220-6424 Bldg 6720R</p> <p><i>Deployment readiness & support, official communication, Information resource & referral, volunteer management</i></p> |
| <p>SEXUAL ASSAULT PREVENTION AND RESPONSE (SAPR) INSTALLATION MCBH 24/7 Hotline: 808-216-0126 DoD Safe Line: 877-995-5247 <i>Immediate SAPR victim support for service members, dependents, and eligible civilians. Prevention awareness and education.</i></p> | <p>NEW PARENT SUPPORT PROGRAM 808-257-8803 Bldg 216 mccshawaii.com/npsp/ <i>Support services to expectant parents and military families with children under the age of 5. Parenting education, support, home visits, and play groups.</i></p> | <p>FOCUS (focusproject.org) 808-257-7774 Bldg 3022</p> <p><i>Resiliency training, skill building, and interactive briefs for units, couples and families. Skill development for couples, children and parents.</i></p> | <p>MARINE CORPS FAMILY TEAM BUILDING 808-257-2650 Bldg 579 <i>Resource information, support services, and training workshops: Communication, Leadership, Readiness and Resiliency, Relationship Enhancement.</i></p> |
| <p>SINGLE MARINE PROGRAM (SMP) 808-254-7593 Bldg 1629 mccshawaii.com/smsp/ <i>Promote Quality of Life (QoL) Initiatives & ID concerns. Affect readiness, morale, living environment, personal growth and development.</i></p> | <p>MILITARY ONESOURCE 1-800-342-9647, DSN: 145 militaryonesource.mil <i>Comprehensive information on military life: deployment, health, finances, spouse employment/education etc.</i> <u><i>Non-medical counseling services online, via chat, telephone, or face to face 24/7</i></u></p> | <p>MEDICAL SERVICES (Bldg 6906) 808-257-3365</p> <p><i>Routine appointments and care: Immunizations, laboratory services, prescriptions.</i></p> | <p>TRIPLER ARMY MEDICAL CENTER 888-683-2778</p> <p><i>For emergent medical or mental health care services including suicidal risk or attempts 24/7/365.</i></p> |

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| <p>PERSONAL FINANCE MANAGEMENT 808-257-7783 Bldg 220 https://mccshawaii.com/pfmp/</p> <p><i>Money Management, Command Financial Specialist, Credit Report Analysis, 1:1 counseling, Workshops</i></p> | <p>SEMPER FIT & RECREATION 808-254-7597 Bldg 3037 mccsokinawa.com/fitness/</p> <p><i>Weight lifting equipment/ machines, cardio room, group fitness classes, racquetball/basketball/volleyball courts, martial arts room, adult sports, outdoor recreation facilities.</i></p> | <p>HEALTH PROMOTION 254-7473 Bldg 3037 mccsokinawa.com/healthpromotion <i>Wellness educators for individuals, groups, and units. Nutrition education, Tobacco Cessation, Resting metabolic rate testing, return to readiness program, sexual health, injury prevention.</i></p> | <p>USO 808-422-1213 Honolulu, Hawaii www.Hawaii.uso.org</p> <p>Provide unit support, event support, Operation Birthday Cake</p> |
| <p>NAVY MARINE CORPS RELIEF SOCIETY 808-257-1972 Bldg 4016 kaneohebay@nmcrs.org <i>Financial, educational and other assistance. Quick assist loans, visiting nurses, budget for baby, emergency travel, disaster relief, and thrift shops.</i></p> | <p>EDUCATION CENTER (Bldg 220) 808-257-2158 <i>Apprenticeship & credentialing programs, commissioning programs, guidance counseling, tuition assistance, financial aid, G.I. Bill, testing, SkillBridge.</i></p> <p>Library (Bldg 219) 808-254-7624</p> | <p>SMART CLINIC NORTH (Bldg 221) 257-8708/2199</p> <p><i>Sports medicine, rehabilitation, and regenerative medicine for active duty personnel as well as dependents.</i> <u>No appointment or referral needed.</u> Check-in/Walk-in: M-F 0730-0900</p> | <p>TRANSITION READINESS (Bldg 244) 808-257-7790 mccshawaii.com/trp/ <i>Workshops, individual counseling, personal readiness seminars, pre-retirement, financial planning, Career and Job Search Assistance, Occupational Guidance, Interview Skills.</i></p> |
| <p>EMERGENCY RESOURCES</p> | <p>OTHER FAMILY RESOURCES</p> | | <p>ISLAND RESOURCES</p> |
| <p>24/7 SAPR SUPPORT LINE 808-216-0126</p> <p>VICTIM ADVOCATE HOTLINE 808-216-7175</p> <p>EMERGENCY SERVICES 911</p> <p>SUICIDE/MENTAL HEALTH EMERGENCY SERVICES 988</p> | <p>CHILD & YOUTH PROGRAMS (CYP) BLDG 5082 257-7340</p> <p>RESOURCE AND REFERRAL Bldg. 5082 257-7240</p> <p>CHILD DEVELOPMENT CENTERS</p> <p>Kupulau CDC Bldg. 6111 257-1356 Laulima CDC Bldg. 6782 257-2038</p> <p>SCHOOL AGE CARE (SAC) Kulia School Age Care Bldg 6753 257-2030</p> <p>SCHOOL LIAISON Bldg 221 Rm 28 257-2019</p> <p>EXCEPTIONAL FAMILY MEMBER PROGRAM Bldg 219 257-0290</p> | | <p>OFF BASE</p> <p>USO HAWAII 808-422-1213 WOUNDED WARRIOR 808- 216-4730 CREDO HAWAII 808-473-1434 Windward WIC 808-233-5470 VA Pacific 808-433-0600</p> <p>ON BASE</p> <p>RED CROSS (Bldg 579) 808-257-8848 EEO (Bldg 216 Rm 15) 808-257-1349 YMCA MCBH (Bldg 455) (808) 254-4719</p> |

ADDITIONAL RESOURCES

- **Military OneSource:** From DSN 145 / Text 838255 - Crisis line, DSTRESS, Counseling, support, and resource information, 24/7. www.militaryonesource.mil online chat 24/7.
- **Family Member Employment Assistance Program (FMEAP)** Bldg 244 808-257-2653
- **National Crisis Hotline: 988** (suicide/crisis counseling hotline) - For ANYONE needing to talk 24/7.
- **Never Leave A Marine Behind:** <http://www.usmc-mccs.org/suicideprevent> - education and support to assist helpers and those at risk of suicide.

EMERGENCY?
CALL: 911