



Military OneSource is your connection to information, answers and support when MilLife happens. We can help you overcome challenges, reach your goals and thrive.

 [MILITARYONESOURCE.MIL](https://www.militaryonesource.mil)  (800)-342-9647



The Military Crisis Line, text-messaging service, and online chat provide free VA support for all Service members, including members of the National Guard and Reserve, and all Veterans, even if they are not registered with VA or enrolled in VA health care.

 [VETERANSCRISISLINE.NET](https://www.veteranscrisisline.net)  DIAL (1-800)273-8255 AND THEN PRESS 1



## PROGRAM ABBREVIATION KEY

- CCP - Community Counseling Program
- CDC - Child Development Center
- DRC - Deployment Readiness Coordinator
- EFMP - Exceptional Family Member
- FAP - Family Advocacy
- FMEAP - Family Member Employment Assistance Program
- FOCUS - Families Over Coming Under Stress
- IRR - Information, Referral and Relocation
- M & FP - Marine & Family Programs
- MFCTB - Marine Corps Family Team Building
- MFLC - Military Family Life Counselor
- MOS - Military OneSource
- NPSP - New Parent Support Program
- PFMP - Personal Financial Management Program
- SAP - Substance Abuse Program
- SARC - Sexual Assault Response Coordinator
- SLS - School Liaison
- URC - Uniformed Readiness Coordinator
- VAH - Victim Advocacy Helpline



## WHERE SHOULD I GO FOR HELP?

A QUICK-ACCESS GUIDE FOR HELPFUL RESOURCES AVAILABLE ON YOUR INSTALLATION



