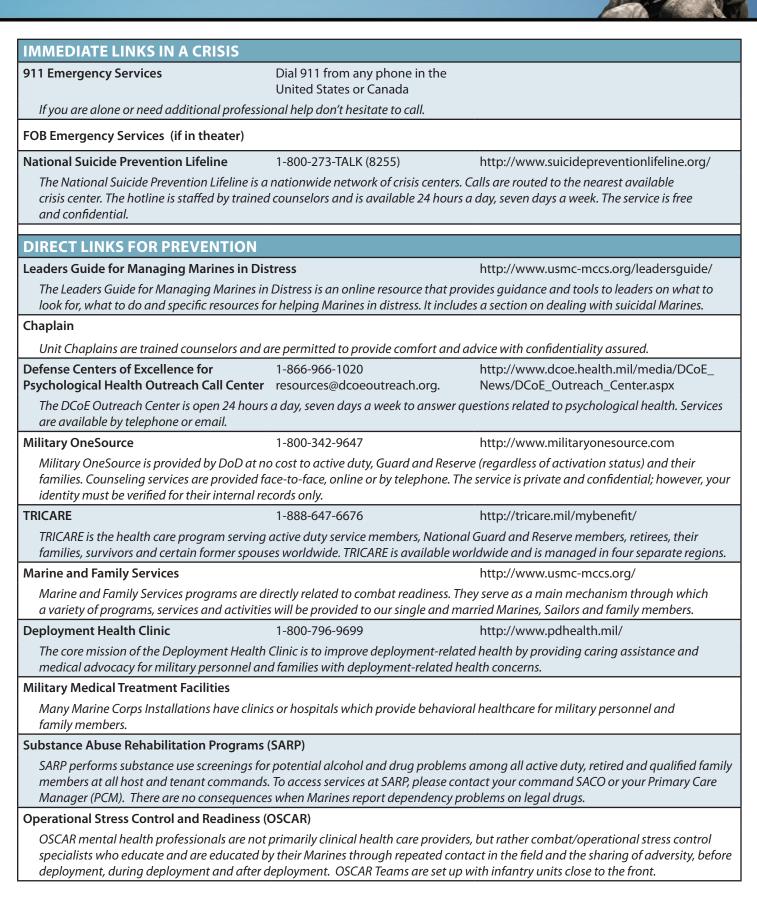
NEVER LEAVE A MARINE BEHIND: RESOURCES



NEVER LEAVE A MARINE BEHIND: RESOURCES



DIRECT LINKS FOR PREVENTION (continued)

Unit Medical

Unit doctors and corpsmen are trained to provide professional medical and behavioral healthcare for military personnel and their families.

Chain of Command

You should utilize your chain of command at any time you, or someone from your unit, might be having difficulty and need assistance.

RESOURCE LINKS FOR UNDERSTANDING

 Marine Corps Suicide Prevention Program
 http://www.usmc-mccs.org/suicideprevent/

 This comprehensive website provides facts and exposes myths about suicide as well as warning signs and where to go for help.

 Military Mental Health Self-Assessment
 https://www.militarymentalhealth.org/

 This self-assessment program is designed to assist all service members and their families with common-life issues. The assessment gauges whether or not you have a situation that would benefit from further evaluation or treatment. It also offers guidance as to where to seek assistance. The assessment English or Spanish.

 Unit Personal and Family Readiness
 UPFRP Specialist: 703-784-0296
 http://www.usmc-mccs.org/upfrp/

 Dis 278-0296
 Dis 278-0296
 http://www.usmc-mccs.org/upfrp/
 bit personal support for commanders as they implement their unit family readiness rows

 Marine Corps Family Team Building
 mcftb@usmc.mil
 http://www.usmc-mccs.org/mcftb/

 (MCFTB)
 (MCFTB)
 http://www.usmc-mccs.org/mcftb/

MCFTB provides educational resources and services to foster personal growth and enhance the readiness of Marine Corps families. MCFTB is comprised of the following: Family Readiness Program Training, Readiness and Deployment Support Training, Lifestyle Insights, Networking, Knowledge and Skills (L.I.N.K.S.), LifeSkills Training.

Navy-Marine Corps Relief Society

http://www.nmcrs.org/

The mission of the Navy-Marine Corps Relief Society is to provide, in partnership with the Navy and Marine Corps, financial, educational and other assistance to members of the Naval Services of the United States, eligible family members and survivors when in need; and to receive and manage funds to administer these programs.

HQMC Combat Operational Stress Control	(703) 432-9563/9565	http://www.usmc-mccs.org/cosc/
(COSC)	cosc@usmc.mil	

Combat Operational Stress Control (COSC) encompasses all policies and programs to prevent, identify and holistically treat mental injuries caused by combat or other operations. The COSC Branch provides resources for Marine leaders, chaplains, mental health professionals, medical providers, service members, veterans, family members and their advocates.

National Domestic Violence Hotline	1-800-799-SAFE (7233) or TTY 1-800-787-3224	http://www.ndvh.org/
The Hotline provides crisis intervention, information and referrals to victims of domestic violence, perpetrators, friends and families.		
National Sexual Assault Hotline	1-800-656-HOPE (4673)	http://www.usmc-mccs.org/leadersguide/ Harassment/SA/index.htm
More than 1,100 trained volunteers are on duty and available to confidentially help victims at Rape, Abuse and Incest National		

Network (RAINN)-affiliated crisis centers across the country. Calls are routed through the RAINN system to a community center according to caller's area code.

Vet Centers

http://www.vetcenter.va.gov/

Vet Centers provide readjustment counseling and outreach services to men, women and the families of those who served in the military.