

# MENTAL HEALTH ROADMAP

Are you feeling stressed and need help, but don't know where to start?

START HERE

## CHAIN OF COMMAND

Start with your peers & your supervisor! Often, they can help you get to the right resource.

Contact your leadership:



## OSCAR TEAM MEMBERS

USMC-wide peer-to-peer stress control program that provides resilience education and training that promotes early recognition and mitigation of stress-related problems.

Contact your OSCAR Team Member:



## COMMAND CHAPLAINS

Chaplains provide more than pastoral counseling – talking to your Chaplain is 100% confidential, with no reporting requirements and no health record documentation.

Contact your Chaplain:

## MILITARY ONESOURCE



Counseling for family, financial, stress, and coping skills with no referral needed and no health record documentation.

Contact Military OneSource:  
800-342-9647 or live chat on  
[www.militaryonesource.mil](http://www.militaryonesource.mil)



## MARINE CORPS COMMUNITY SERVICES (MCCS)

Offers individual and couples life skills counseling, with no referral needed and no health record documentation.

Contact MCCS:

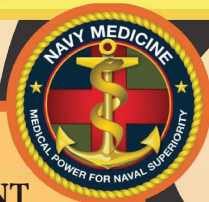


## MILITARY & FAMILY LIFE COUNSELING (MFLC)

MFLC provides non-medical counseling with flexible locations, no referral needed, no health record documentation, and minimal reporting requirements.

Contact your MFLC:

## INDEPENDENT DUTY CORPSMAN/ GENERAL MEDICAL OFFICER



IDCs and GMOs can place referrals to embedded mental health, MTFs, and network providers for serious conditions.

They provide medical management for most mental health concerns and can communicate with CO and other providers.

Contact your IDC or GMO:



## EMBEDDED MENTAL HEALTH

Embedded Mental Health can triage, evaluate, and treat mental health conditions.

MLG Psychology is located in BLDG 327. Walk-in triage is M-Th from 0800-1100 and 1200-1400.

Contact your EMH:



## MILITARY TREATMENT FACILITIES

Provide inpatient psychiatry and emergency room services, group treatment, and comprehensive care; authorized to make military duty determinations and to communicate with other providers and CO.

Schedule an appointment:



## EMERGENCY ROOM

ERs are for life-threatening conditions; ie. the patient is a danger to self or others, or has become gravely disabled.

