Like being physically fit, emotional resiliency often requires guidance & diligent training. Here are resources available within 3d MLG!

**DStress Line:** 1-877-476-7734
[https://usmc-mccs.org/services/support/dstress-line/](https://usmc-mccs.org/services/support/dstress-line/)

**Military One Source:** 1-800-342-9647
[https://www.militaryonesource.com](https://www.militaryonesource.com)

**MCCS Community Counseling:**
[https://www.mccsokinawa.com/communitycounseling/](https://www.mccsokinawa.com/communitycounseling/)
Confidential counseling to individuals, couples, families, & group therapy.

**Walk-in screenings at these locations:**
- Camp Foster (Bldg 439)
- Camp Hansen (Bldg 2394)
  - DSN 645-2915
  - JP Cellphone 098-970-2915

**Chaplains:** (Island Chaplain 645-2501)
[https://www.mcipac.marines.mil/Staff-and-Sections/Special-Staff/Chaplain/](https://www.mcipac.marines.mil/Staff-and-Sections/Special-Staff/Chaplain/)
**Afterhours:** Contact your unit OOD to be transferred to the duty Chaplain

**Military Family Life Consultants (MFLC):** (Command MFLCs Listed Below)
These individuals provide confidential counseling on situational acute stressors with **NO** documentation. They are often willing to tailor locations to your comfort.

<table>
<thead>
<tr>
<th>3RD MLG COMMANDS</th>
<th>MFLC</th>
<th>Chaplain</th>
</tr>
</thead>
<tbody>
<tr>
<td>3d Med Bn &amp; 3d Den Bn</td>
<td>080-4333-2814</td>
<td>645-9569</td>
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<tr>
<td>3d Transportation Bn</td>
<td>080-4927-8468</td>
<td>645-7605</td>
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<td>9TH ESB</td>
<td>090-8455-7817</td>
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<td>3d Transportation Bn</td>
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<td>080-4927-8468</td>
<td>645-6998</td>
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<td>CLR-35 Supply Bn</td>
<td>080-4176-2718</td>
<td>637-1410</td>
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<tr>
<td>CLR-37</td>
<td>090-8509-5190</td>
<td>637-1242</td>
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**Formal Evaluation and Treatment**

**Combat Stress Platoon (CSP)**
Embedded mental health providers responsible for the mental health to Marines and Sailors within the 3d MLG.
M-F 0800-1600; DSN 315-645-6115 / JP Cellphone 098-970-6115

*May be referred by visiting the local medical clinic and speaking with a medical provider.*

**Naval Hospital Okinawa:**
Provides a walk-in screening services for immediate safety concerns M-F (0800-1600) at Outpatient Mental Health (3rd and 4th Deck). For afterhours safety concerns, please visit the USNH Oki Emergency Department.