

## Resources/Emergency Directory

<b>Internal Suicide Resources:</b>	
Regimental Duty Officer	DSN: 645-3711
Provost Marshal Office	DSN: 645-1716 Cell: 098-911-1911
Chaplain	DSN: 645-7605
Marine Family Life Counselor	DSN: 645-2915
Preventive Behavioral Health Specialist	DSN: 645-3953
<b>External Suicide Resources:</b>	
Mental Health (Hospital) Duty Line	090-6861-7598
National Suicide Prevention Lifeline	<p style="text-align: center;">Nationwide network of crisis centers. The hotline is staffed by trained counselors and is available 24 hours a day, seven days a week. The service is free and confidential.</p> <p style="text-align: center;">1-800-273-8255</p> <p style="text-align: center;"><a href="http://www.suicidepreventionlifeline.org">www.suicidepreventionlifeline.org</a></p>
Defense Centers of Excellence for Psychological Health Outreach Call Center	<p style="text-align: center;">Available 24 hours a day, seven days a week to answer questions regarding psychological health.</p> <p style="text-align: center;">1-866-966-1020</p> <p style="text-align: center;"><a href="http://www.dcoe.health.mil/24-7help.aspx">www.dcoe.health.mil/24-7help.aspx</a></p> <p style="text-align: center;">Live chat: <a href="http://www.realwarriors.net/livechat">www.realwarriors.net/livechat</a></p>
Deployment Health Clinic	<p style="text-align: center;">Provides assistance and medical advocacy for military personnel and families with deployment-related health concerns; often times a part of military treatment facility.</p> <p style="text-align: center;"><a href="http://www.pdhealth.mil">www.pdhealth.mil</a></p>
Marine and Family Services	<a href="https://usmc-mccs.org/">https://usmc-mccs.org/</a>

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Military Mental Health Assessment	The assessment gauges whether or not you have a situation which would benefit from evaluation or treatment. 1-800-799-SAFE or TTY 1-800-787-3224
Operational Stress Control and Readiness (OSCAR)	OSCAR mental health professionals are not primarily clinical health care providers, but rather combat/operational stress control specialists who educate and are educated by their Marines.
Military OneSource	Provides face-to-face, online, or by telephone counseling services. 1-800-342-9647
<b>National Agencies:</b>	
American Association of Suicidology	1-202-237-2280
American Foundation for Suicide Prevention	1-888-333-2377
<b>Hotlines:</b>	
DStress Line	1-877-476-7734 DSN 315-645-7734 <a href="http://www.dstressline.com">www.dstressline.com</a>
The National Crisis Hotline	1-800-784-2433
Behavioral Health Crisis Line	1-866-284-3743
Veterans' Crisis Line	800-273-8255
<b>Local Resources:</b>	
Marine Corps Community Services (MCCS) Behavioral Health Community Counseling Program (CCP)	This service provides confidential (within legal limits), short-term, solution-focused behavioral health counseling.
Military Family Life Counselor (MFLC)	MFLCs provide confidential counseling (within legal limits) as a preventive measure up to 12 sessions.
	MFLC Support South, CLR-3 HQ Co, 3d LSB and 3d TB: Ms. Cheryl D. Jones <a href="mailto:Cheryl.d.jones@liedos.com">Cheryl.d.jones@liedos.com</a> Phone: 5715199639/08048085411
Chaplains	Marines/Sailors can talk with a chaplain with 24/7 access and they are not bound by mandatory reporting requirements.
	<b>CLR 3 Chaplain Support:</b> Chaplain Leotra L. West Cell: 08041897075 <a href="mailto:Leotra.west@usmc.mil">Leotra.west@usmc.mil</a> <a href="mailto:leotrawest@gmail.com">leotrawest@gmail.com</a>

