

# NASWF AREA MENTAL HEALTH

Stressed and want help but don't know where to start? We got you!

1



## CHAPLAINS

Area Wide Duty Chaplain **304-900-3439**

- 100% Confidential
- More than spiritual counseling
- No reporting requirement
- No referral needed
- No health record documentation

2



## MILITARY & FAMILY LIFE COUNSELING

Contact: NORU **(850) 377-1358**

Air Force 479th **(850) 572-3921**

Air Force 316th **(850) 426-7632**

Corry Station (Adult) **(850) 426-7359**

- Non-medical (no safety concerns) counseling
- Minimal reporting requirements
- No referral needed or health record documentation

LOW

4



## MILITARY ONESOURCE

Contact: **800-342-9647 / [MilitaryOneSource.mil](http://MilitaryOneSource.mil)**

- Non-medical counseling and life skills i.e. financial, stress, coping skills and couples counseling
- Minimal reporting requirements
- No referral needed or health record documentation

3



## FLEET & FAMILY SUPPORT CENTER

Appointments **850-623-7177**

- Non-medical counseling and life skills i.e. financial, stress, coping skills and couples counseling
- Minimal reporting requirements
- No referral needed or health record documentation

5



## NASWF Military Treatment Facility

Appointment line: **850-623-7551/2**

- Places referrals to EMH/MTF/Network for more serious conditions or duty determinations
- Medication management as needed
- May communicate with CO and other medical providers
- Health record documentation
- Aviation Medicine

6

## OUTPATIENT MENTAL HEALTH NMRTC PENSACOLA

Appointments (**via referral or command recommendations**)

- Brief treatment and/or referral to MTF/Network (individual, group, and medication management)
- May communicate with CO and other medical providers
- Health record documentation
- Acute safety screening, triage, and military duty determinations
- **Naval Hospital: (850) 505-6749**

INDIVIDUAL LEVEL OF STRESS

7



## EMERGENCY ROOM

- Not for routine access to care
- Danger to self, others or gravely disabled
- Closest ER: Santa Rosa Medical

**DOWNLOAD THE  
NAVY'S MENTAL  
HEALTH PLAYBOOK**



HIGH