

# NASWF AREA MENTAL HEALTH

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

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## CHAPLAINS

Area Wide Duty Chaplain **334-430-8234**

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

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## 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

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## MILITARY ONESOURCE

Contact: **800-342-9647 / 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

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## 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

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## 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

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## 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**

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## EMERGENCY ROOM

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

INDIVIDUAL LEVEL OF STRESS

HIGH

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

