

WHERE SHOULD I GO FOR HELP?

A QUICK-ACCESS GUIDE FOR HELPFUL RESOURCES
AVAILABLE ABOARD **MCB QUANTICO**



Business Hours Support						(703) 784- 4470	(703) 784- 0674	(703) 784- 9395	CONTACT YOUR UNIT	(703) 784- 2570	(703) 784- 3306	(703) 784- 0189	(703) 784- 2659	(703) 784- 1303	(703) 784- 2659	(703) 784- 4248	(703) 784- 2650	(703) 784- 3502	(877) 995- 5247	(703) 784- 4729
24/7 Resources	(800) 799- 7233	(877) 995- 5247	988	(703) 784- 1725	(800) 342- 9647															
Primary Concern	Domestic Abuse Hotline	Military One- Source	Navy Medical	Sexual Assault Hotline	Suicide & Crisis Lifeline	CDC	CYP	EFMP	DRC/URC	FAP	FMEAP	Focus	IR&R	MCFTB	MFLC	NPSP	PFMP	SAP	SARC	SL
Abuse/Neglect	X		X		X				X	X			X		X					
Substance Abuse				X	X				X				X		X			X		
Anger Issues	X			X	X				X	X			X		X					
Anxiety/Panic	X		X		X				X	X			X		X					
Deployment/ Relocation					X				X				X	X						
Disaster Recovery					X				X				X		X					
Finances					X				X				X				X			
Grief/Death					X				X				X		X					
Marriage/Family	X				X				X	X		X	X		X					
Nutrition/ Fitness				X	X				X				X							
Parenting					X				X	X			X		X	X				
Relationships	X				X				X	X			X	X	X					
Sadness/ Depression				X	X				X	X			X		X					
Sexual Assault		X		X	X				X				X						X	
Sexual Harassment					X				X				X						X	
Special Needs					X			X	X				X							
Suicidal/ Homicidal			X	X	X				X				X		X					
Work/School					X	X	X		X		X		X		X					X

- PROGRAM ABBREVIATION KEY -

CDC - CHILD DEVELOPMENT CENTER	FAP - FAMILY ADVOCACY PROGRAM	MCFTB - MARINE CORPS FAMILY TEAM BUILDING	SAP - SUBSTANCE ABUSE PROGRAM
CYP - CHILD & YOUTH PROGRAMS	FMEAP - FAMILY MEMBER EMPLOYMENT ASSISTANCE PROGRAM	MFLC - MILITARY FAMILY LIFE COUNSELOR	SARC - SEXUAL ASSAULT COORDINATOR
DRC/URC - DEPLOYMENT / UNIFORMED READINESS COORDINATOR	FOCUS - FAMILIES OVERCOMING STRESS	NPSP - NEW PARENT SUPPORT PROGRAM	SL - SCHOOL LIAISON
EFMP - EXCEPTIONAL FAMILY MEMBER PROGRAM	IR&R - INFORMATION, REFERRAL, & RELOCATION	PFMP - PERSONAL FINANCIAL MANAGEMENT PROGRAM	