

# PENSACOLA AREA MENTAL HEALTH ROADMAP

## ACTIVE-DUTY SERVICE MEMBERS

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

LOW

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### CHAPLAINS

- Command Chaplain: (850) 739-9007  
After Hours Chaplain: (850) 554-5754
- 100% confidential
  - More than spiritual counseling
  - No reporting requirement
  - No referral needed
  - No health record documentation
  - Eligible: All Branches

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### MILITARY & FAMILY LIFE COUNSELING

- Formally, Employee Assistance Program
- Non-medical (no safety concerns) counseling
  - Minimal reporting requirements
  - No referral needed or health record documentation

Contact:  
NORU (850) 377-1348/1350  
Air Force 479th (850) 572-3921  
Air Force 316th (850) 426-7632  
Corry Station/NASP (850) 426-7359

### U.S. Coast Guard Support (CG SUPRT)

- Contact: 855-CG-SUPRT or 855-247-8778  
Web: [www.cgsuprt.com](http://www.cgsuprt.com)
- F24/7 Support for Active-Duty CG members and family members
  - Support for personal concerns including depression, relationship problems, and career transitions

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### FLEET & FAMILY SUPPORT CENTER

- Information and Appointments: (850) 452-5990
- Non-medical counseling and life skills (financial, stress, coping skills, and individual/child/couples counseling)
  - Minimal reporting requirements
  - No referral needed or health record documentation

### FLEET & FAMILY Virtual Counseling

- To get started: 1-855-205-6749
- Remote licensed clinicians providing non-medical counseling
- Additional flexibility due to remote access
- Eligible: Resources and services differ by branch

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### MILITARY ONESOURCE

- Contact: (800) 342-9647  
[MilitaryOneSource.mil](http://MilitaryOneSource.mil)
- Non-medical counseling and life skills (financial, stress, coping skills, and individual/couples counseling)
  - Minimal reporting requirements
  - No referral need or health record documentation
  - Eligible: All Branches

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### PRIMARY CARE DOCTOR OR FLIGHT SURGEON

Appointment Line: (850) 505-7171

- Places referrals to MTF/Network for therapy and/or military mental health evaluation for more serious conditions
- Some initial medication management
- Health record documentation
- Eligible: Assigned by command and branch

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### OUTPATIENT MENTAL HEALTH, NMRTC PENSACOLA & NASP BRANCH CLINIC

- Appointments (via referral or command recommendation)  
NHP: (850) 505-6900 NASP: (850) 505-7453
- Acute safety screening, triage, and military duty determinations
  - Brief treatment and/or referral to MTF/Network (individual, group, and medication management)
  - May communicate with CO and other medical providers
  - Health record documentation
  - Eligible: All AD and Activated Service members

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### EMERGENCY ROOM

- Not for routine access to care
- Danger to self, others, or gravely disabled
  - Closest ER: Baptist Hospital and HCA Florida West Hospital
  - Let your chain of command know so you may be escorted to and from
  - If hospitalized for behavioral health concerns, follow-up with military outpatient mental health clinic

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### SUICIDE & CRISIS HOTLINE

- Dial: 988
- Open 24/7
  - Free and confidential support for emotional distress and suicidal crisis

HIGH

INDIVIDUAL LEVEL OF STRESS

DOWNLOAD THE NAVY'S MENTAL HEALTH PLAYBOOK

