

PENSACOLA MENTAL HEALTH ROADMAP

ACTIVE DUTY SERVICE MEMBERS

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



FIRST STEP: CHECK OUT THE MENTAL HEALTH PLAYBOOK



Command Chaplain
Phone: (850) 452-2342
All branches are eligible

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



Military & Family Life Counseling
NORU: (850) 377-1348/1350
Air Force 479th: (850) 572-3921
Air Force 316th: (850) 426-7632
Corry Station/NASP: (850) 426-7359

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



U.S. Coast Guard Support
Phone: (855) 247-8778
Web: www.cgsuprt.com

- 24/7 support for Active Duty CG members and family members
- Support for personal concerns including depression, relationship problems and career transitions



Fleet & Family Support Center
Information and Appointments
Phone: (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
Phone: (855) 205-6749
Eligibility for resources and services differs by branch

- Remote licensed clinicians providing non-medical counseling
- Additional flexibility due to remote access



Military OneSource
Phone: (800) 342-9647
MilitaryOneSource.mil
All branches are eligible

- Non-medical counseling and life skills (financial, stress, coping skills and individual/couples counseling)
- Minimal reporting requirements
- No referral needed or health record documentation



Primary Care Doctor or Flight Surgeon
Phone: (850) 505-7171
Eligibility assigned by command and branch

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



Outpatient Mental Health NMRTC Pensacola & NASP Branch Clinic
NHP: (850) 505-6900
NASP: (850) 505-7453
All Active Duty and Activated Service members eligible

- 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



Suicide & Crisis Hotline
Phone: 988

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



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 a military outpatient mental health clinic