Help is Available 24/7

Personal Help
• Clinical Counseling
• Relocation Assistance
• Financial Consultations:
  Navy Region SW Fleet & Family Support Center

866.923.6478

Resources and Tips to Maximize Learning
Graduate Writing Center’s Learning Tools website:
my.nps.edu/web/gwc/learning-tools
• Lifestyles Maximized for Learning
• Learning Styles and Strategies
• Multiple Language Learners
• Special Needs & Accommodation

Need a Fresh PERSPECTIVE or Help with a PERSONAL ISSUE?

Your Program Officer is here for you!

FRESH PERSPECTIVE AHEAD

Published March 31, 2020

KEY CONTACTS for your PERSONAL SUPPORT

Naval Postgraduate School
When you feel **OVERWHELMED** or you need confidential local help

- **NPS Chaplain**
  - 831.656.2241
  - Eric Stone, LCSW with POTFF Program
  - 646.597.3018

- **Fleet & Family Service Center**
  - 831.656.3060
  - In La Mesa • Appointment recommended

<table>
<thead>
<tr>
<th>Help You Need</th>
<th>Help You Feel</th>
<th>Resources</th>
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<td><strong>Medical</strong></td>
<td><strong>Overwhelmed</strong></td>
<td><strong>Talk</strong></td>
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<td><strong>Health Clinic</strong></td>
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<td>866.957.2256</td>
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<td>800.342.9647</td>
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<tr>
<td>473 Cabrillo St. #422, Monterey</td>
<td>M-F 0700-1600</td>
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When you need medical help

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