Are you feeling stressed and need help, but don't know where to start?

**CHAIN OF COMMAND**
Start with your peers & your supervisor! Often, they can help you get to the right resource. Sailors are encouraged to talk to their front line leader (E-6 or above) and/or Chain of Command if they are struggling or need assistance in any way.

**EXPANDED OPERATIONAL STRESS CONTROL**
Navywide peer-to-peer stress control program that provides resilience education and training that promotes early recognition and mitigation of stress-related problems.

Contact your E-OSC Team Leader:

**COMMAND CHAPLAINS**
Chaplains provide more than spiritual counseling – talking to your Chaplain is 100% confidential, with no reporting requirements and no health record documentation.

Contact your Chaplain:

**MILITARY ONESOURCE**
Counseling for family, financial, stress, and coping skills with no referral needed and no health record documentation.

Contact Mil OneSource: 800-342-9647 or live chat on www.militaryonesource.mil

**FLEET AND FAMILY SUPPORT CENTER**
Offers individual and couples life skills counseling, with no referral needed and no health record documentation.

Contact your FFSC:

**INDEPENDENT DUTY CORPSMAN/GENERAL MEDICAL OFFICER**
IDCs and GMOs can place referrals to embedded mental health, MTFs, and network providers for serious conditions. They provide medical management for most mental health concerns and can communicate with CO and other providers.

Contact your IDC or GMO:

**EMBEDDED MENTAL HEALTH**
EMH can evaluate and treat mental health conditions with therapy and medication. EMH is authorized to determine fit for duty and to communicate diagnosis and plans with other providers and CO.

Contact your EMH:

**MILITARY TREATMENT FACILITIES**
Provide inpatient psychiatry and emergency room services, group treatment, and comprehensive care; authorized to make military duty determinations and to communicate with other providers and CO.

Schedule an appointment:

**EMERGENCY ROOM**
ERs are for life-threatening conditions; i.e. the patient is a danger to self or others, or has become gravely disabled.

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