

Naval Submarine Base Kings Bay Counseling Resources

Seeking help early and often prevents needing a higher level of care and impact to career. Most Sailors don't seek help because they want to fix things themselves, they worry about impact to their careers or security clearance or they fear gossip and embarrassment.

Taking care of your mental health takes courage and it's a sign of strength!

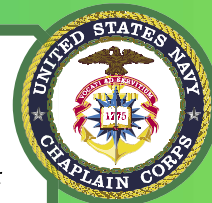
Military OneSource



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

Command CHAPLAINS



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

POC for Sub Commands: 912-573-3960
POC for Shore Commands: 912-573-4501
POC for MCSFBn: 912-464-0645

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.

Fleet and Family SUPPORT CENTER



Offers individual and couples life skills counseling, with no referral needed and no health record documentation.

Contact your FFSC:
912-573-4222
Virtual Clinical Counseling
1-855-205-6749

MILITARY & FAMILY LIFE COUNSELING



MFLC provides non-medical counseling with flexible locations, no referral needed, no health record documentation, and minimal reporting requirements.

Contact your MFLC:
MFLC Regional Supervisor
Marchell Coleman
912-661-7271

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:
POC for Sub Commands: 912-573-6664
POC for Shore Commands: 912-573-4524

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:
904-546-6351

EMERGENCY ROOM

ERs are for life-threatening conditions; ie. the patient is a danger to self or others or has become gravely disabled.

911

OTHER RESOURCES

Shore Side Embedded Mental Health has SARP-Substance Abuse Rehabilitation Program. You may also utilize Doctorondemand.com and telemynd.com for therapy options. Both are virtual options for Service Members but they must report to Chain of Command if Sub/Nuc/PRP and using this option.



Download the Navy's

MENTAL HEALTH PLAYBOOK