




# NS MAYPORT MENTAL HEALTH ROADMAP

Stressed and want help but don't know where to start?  
**WE GOT YOU!**




- 1**



**CHAPLAINS**  
**COMMAND CHAPLAIN:**  
 (904) 270 - 5212


  - 100% CONFIDENTIAL
- 2**



**MILITARY & FAMILY LIFE COUNSELING**

DDG'S: (561) 489 - 1020  
 BASE/LCS'S: (904) 524 - 0880  
 AVIATION: (904) 627 - 5890


  - NON-MEDICAL (NO SAFETY CONCERN) COUNSELING
- 3**



**FLEET & FAMILY SUPPORT CENTER**

IN-PERSON COUNSELING: (904) 270 - 6600 X 1700  
 VIRTUAL COUNSELING: (855) 205 -6749


  - NON-MEDICAL COUNSELING AND LIFE SKILLS (FINANCIAL, STRESS, COPING SKILLS, AND INDIVIDUAL/CHILD/COUPLES COUNSELING)
- 4**



**MILITARY ONESOURCE**

CONTACT: (800) 342 - 9647  
 MILITARYONESOURCE.MIL


  - NON-MEDICAL COUNSELING AND LIFE SKILLS (FINANCIAL, STRESS, COPING SKILLS, AND INDIVIDUAL/COUPLES COUNSELING)
- 5**



**NS MAYPORT BEHAVIORAL HEALTH CLINIC**

APPOINTMENT LINE: (904) 270 - 4280/4350


  - FITNESS FOR DUTY
  - LONG-TERM COUNSELING
- 6**



**NAVAL HOSPITAL JACKSONVILLE**

APPOINTMENT LINE: (904) 542 - 4677

  - INPATIENT/INTENSIVE TREATMENT
- 7**



**EMERGENCY ROOM**

911  
 CALL/TEXT: CRISIS SUPPORT: 988

  - NOT FOR ROUTINE ACCESS TO CARE
  - DANGER TO SELF/OTHERS OR IN CRISIS

DOWNLOAD THE  
NAVY'S MENTAL  
HEALTH PLAYBOOK



**FLEET AND FAMILY SUPPORT  
CENTER MAYPORT**  
(904) 270 - 6600 X 1700/1701

**HOURS OF OPERATION:**  
M-TH: 0730 - 1600 F: 0730 - 1500