

NMRTC YOKOSUKA
FLEET ACTIVITIES YOKOSUKA

MENTAL HEALTH RESOURCES GUIDE

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**Each command is encouraged to customize the roadmap and share with their Sailors*

FIND THE RIGHT CARE FOR YOU

MENTAL HEALTH & RELATED SERVICES SYMPTOM TO CARE FINDER

FLEET ACTIVITIES YOKOSUKA

On Base Emergency Services: +81-046-816-0911 – Emergency Room DSN: 243-5137 – Emergency Off Base: 119 - Crisis Line (Text/Call/Chat): +1-844-702-5493 or DSN 988						
Military OneSource Virtual Counseling and Support Services: 1-800-342-9647; +1-703-253-7599						
There may be additional resources not listed below. Availability of resources fluctuates day-to-day with supply and demand; Please contact each agency for most up-to-date service availability. Please see directory for contact information and more resources.						
	Active Duty Surface Ship	Active Duty Carrier	Active Duty Shore/Other	Dependent of Active Duty	Federally-employed Civilian/Dependent AND Retiree/Dependent	Other (e.g., Employed by Contract Company, etc.)
Adverse event/Adjusting to Change	FFSC Military and Family Life; MFLC; Primary Care Manager; Embedded Mental Health	FFSC Military and Family Life; MFLC; Primary Care Manager; Embedded Mental Health	FFSC Military and Family Life; MFLC; Primary Care Manager ; USNMRTC Mental Health	FFSC Military and Family Life; MFLC; Primary Care Manager	FFSC Military and Family Life; MFLC; Primary Care Manager	Contact your insurance company about your benefits and services (local area and/or virtual care)
Alcohol Use	Command DAPA; USNMRTC Substance Abuse and Rehabilitation Program; Chapel of Hope Groups; Primary Care Manager	Command DAPA; USNMRTC Substance Abuse and Rehabilitation Program; Chapel of Hope Groups; Primary Care Manager	Command DAPA; USNMRTC Substance Abuse and Rehabilitation Program; Chapel of Hope Groups; Primary Care Manager	Chapel of Hope Groups; Substance Abuse and Rehabilitation Program (SARP); Primary Care Manager	Chapel of Hope Groups; Human Resources Department/Employee Assistance Program; Primary Care Manager or Insurance Company	Chapel of Hope Groups; Contact your insurance company about your benefits and services.
Bored	MWR ITT & Travel Office; MWR Sports and Recreation; USO; Single Sailor; Associations (FCPO, CPO, Wardroom, etc.); Chapel of Hope Community Groups and Religious Studies	MWR ITT & Travel Office; MWR Sports and Recreation; USO; Single Sailor; Associations (FCPO, CPO, Wardroom, etc.); Chapel of Hope Community Groups and Religious Studies	MWR ITT & Travel Office; MWR Sports and Recreation; USO; Single Sailor; Associations (FCPO, CPO, Wardroom, etc.); Chapel of Hope Community Groups and Religious Studies	MWR ITT & Travel Office; MWR Sports and Recreation; USO; Command Ombudsman; Spouses Clubs; Chapel of Hope Community Groups and Religious Studies	MWR ITT & Travel Office; MWR Sports and Recreation; USO; Command Ombudsman; Spouses Clubs; Chapel of Hope Community Groups and Religious Studies; Community groups/meet ups	Community Facebook groups/meet-ups; Chapel of Hope Community Groups and Religious Studies; Please confirm eligibility for on-base MWR events, programs, and services
Brandon Act Referral	Chain of Command E6 and above	Chain of Command E6 and above	Chain of Command E6 and above	Not applicable	Not applicable	Not applicable
Career/Employment/Higher Education	Command Career Counselor; Mentor/Chain of Command; InTransition; FFSC	Command Career Counselor; Mentor/Chain of Command; InTransition; FFSC	Command Career Counselor; Mentor/Chain of Command; InTransition; FFSC	Base College Office; InTransition; FFSC	Human Resources Department/Employee Assistance Program	Contact your employer for information about your benefits and available services.
Child Abuse	FFSC Family Advocacy Program	FFSC Family Advocacy Program	FFSC Family Advocacy Program	FFSC Family Advocacy Program	FFSC Family Advocacy Program	Base Security (On-base incident)/Local Authorities (Off-base incident)

	Active Duty Surface Ship	Active Duty Carrier	Active Duty Shore/Other	Dependent of Active Duty	Federally-employed Civilian/Dependent AND Retiree/Dependent	Other (e.g., Employed by Contract Company, etc.)
Child Development (Birth to 32 months)	EDIS, Primary Care Provider, Developmental Pediatrician (If indicated/referred by PCM)	EDIS, Primary Care Provider, Developmental Pediatrician (If indicated/referred by PCM)	EDIS, Primary Care Provider, Developmental Pediatrician (If indicated/referred by PCM)	EDIS, Primary Care Provider, Developmental Pediatrician (If indicated/referred by PCM)	EDIS, Primary Care Provider, Developmental Pediatrician (If indicated/referred by PCM)	EDIS available to DoDEA-eligible families on space available basis; Primary Care Provider or Insurance Company
Command Directed Evaluation (Non-emergent)	Embedded Mental Health (Waterfront Medical)	Ship Psychologist or Social Worker	USNMRTC Mental Health Department	Not applicable	Not applicable	Not applicable
Domestic Violence	FFSC Family Advocacy Program	FFSC Family Advocacy Program	FFSC Family Advocacy Program	FFSC Family Advocacy Program	FFSC Family Advocacy Program	Contact your employer for information about your benefits and available services.
School-based concerns/Special Education (32 mo to 21 yrs of age)	Child's teacher, guidance counselor or principal at DoDEA school for which your family is assigned; School Liaison Officer	Child's teacher, guidance counselor or principal at DoDEA school for which your family is assigned; School Liaison Officer	Child's teacher, guidance counselor or principal at DoDEA school for which your family is assigned; School Liaison Officer	Child's teacher, guidance counselor or principal at DoDEA school for which your family is assigned; School Liaison Officer	Child's teacher, guidance counselor or principal at DoDEA school for which your family is assigned; School Liaison Officer	Contact your child's school for more information on services available.
Fears	Fleet and Family (FFSC), Military Family Life Counselors (MFLC), Chaplain, Embedded Mental Health	Fleet and Family (FFSC), Military Family Life Counselors (MFLC), Chaplain, Embedded Mental Health	FFSC, Military Family Life Counselors (MFLC), Command Chaplain, USNMRTC Yokosuka Mental Health	FFSC; Military Family Life Counselors (MFLC), Command Chaplain, USNMRTC Yokosuka Primary Care Manager for referral to network	Primary Care Manager or Insurance Company for referral to network, FFSC (Space Available)	Contact your insurance company about your benefits and services available.
Financial	FFSC Financial Management; WIC; NMCRS	FFSC Financial Management; WIC; NMCRS	FFSC Financial Management; WIC; NMCRS	FFSC Financial Management; WIC; NMCRS	Human Resources Department/Employee Assistance Program; FFSC (Space Available)	Contact your employer for information about your benefits and available services.
Grief/Loss	FFSC, MFLC, Command Chaplain, Embedded Mental Health	FFSC, MFLC, Command Chaplain, Embedded Mental Health	FFSC, Command Chaplain, MFLC, USNMRTC Yokosuka Mental Health	FFSC, MFLC, USNMRTC Yokosuka Primary Care Manager for referral to network	Primary Care Manager or Insurance Company for referral to network, FFSC (Space Available)	Contact your insurance company about your benefits and services available.
Health	Primary Care Manager; Primary Care Behavioral Health Consultant	Primary Care Manager; Primary Care Behavioral Health Consultant	Primary Care Manager; Primary Care Behavioral Health Consultant	Primary Care Manager; Primary Care Behavioral Health Consultant	Primary Care Manager or Insurance Company for referral to network, FFSC (Space Available)	Contact your insurance company about your benefits and services available.
Loneliness	Command Chaplain; MWR ITT Office; Single Sailor; USO; FFSC; Chapel of Hope	Command Chaplain; MWR ITT Office; Single Sailor; USO; FFSC; Chapel of Hope	Command Chaplain; MWR ITT Office; Single Sailor; USO; FFSC; Chapel of Hope	Command Ombudsman; School guidance counselor (children); MWR ITT Office; Spouse Clubs; Chapel of Hope	School guidance counselor (children); MWR ITT Office; Chapel of Hope	Contact your insurance company about your benefits and services.
Marital	FFSC; Command Chaplain; CREDO Events	FFSC; Command Chaplain; CREDO	FFSC; Command Chaplain; CREDO	FFSC; Command Chaplain; CREDO	Primary Care Manager/Insurance Company; USNMRTC Yokosuka Wellness and Health Promotions	Contact your insurance company about your benefits and services available.

	Active Duty Surface Ship	Active Duty Carrier	Active Duty Shore/Other	Dependent of Active Duty	Federally-employed Civilian/Dependent AND Retiree/Dependent	Other (e.g., Employed by Contract Company, etc.)
Medication Refill	(New) Primary Care Manager; (Existing) Follow Guidance provided by prescribing provider.	(New) Primary Care Manager; (Existing) Follow Guidance provided by prescribing provider.	(New) Primary Care Manager; (Existing) Follow Guidance provided by prescribing provider.	(New) Primary Care Manager; (Existing) Follow Guidance provided by prescribing provider.	(New) Primary Care Manager/Insurance Company; (Existing) Follow Guidance provided by prescribing provider.	Contact your insurance company about your benefits and services available.
Mood	FFSC Military and Family Life; Chaplain; MFLC; Primary Care Manager; Embedded Mental Health	FFSC Military and Family Life; Chaplain; MFLC; Primary Care Manager; Embedded Mental Health	Mentor, or Sponsor; FFSC Military and Family Life; Chaplain; MFLC; Primary Care Manager; USNMRTC Mental Health	FFSC; MFLC; Chaplain; USNMRTC Yokosuka Primary Care Manager for referral to network	Primary Care Manager or Insurance Company for referral to network, FFSC (Space Available)	Contact your insurance company about your benefits and services available.
New to Military	Chain of Command/Sponsor; FFSC; MFLC	Chain of Command/Sponsor; FFSC; MFLC	Chain of Command/Sponsor; FFSC; MFLC	Command Umbudsman; Chain of Command; FFSC	Human Resources Department/Employee Assistance Program; Primary Care Manager or Insurance Company	Contact your insurance company about your benefits and services available.
Nightmares	FFSC Military and Family Life; MFLC; Primary Care Manager (Medical Officer or IDC)	FFSC Military and Family Life; MFLC; Primary Care Manager (IDC/Waterfront Medical)	FFSC Military and Family Life; MFLC; Primary Care Manager	FFSC Military and Family Life; MFLC; Primary Care Manager	Primary Care Manager or Insurance Company for referral to network, FFSC (Space Available)	Contact your insurance company about your benefits and services available.
Nutrition	Primary Care Manager; USNMRTC Yokosuka Wellness and Health Promotions	Primary Care Manager; USNMRTC Yokosuka Wellness and Health Promotions	Primary Care Manager; USNMRTC Yokosuka Wellness and Health Promotions	Primary Care Manager; USNMRTC Yokosuka Wellness and Health Promotions	Primary Care Manager/Insurance Company; USNMRTC Yokosuka Wellness and Health Promotions	Contact your insurance company about your benefits and services available.
Parenting	New Parent Support; FFSC; MFLC	New Parent Support; FFSC; MFLC	New Parent Support; FFSC; MFLC	New Parent Support; FFSC; MFLC	New Parent Support; FFSC (Space Available)	Contact your insurance company about your benefits and services available.
PCS/Separation/Retirement	Command Human Resources Department; FFSC; InTransition; VA Representative	Command Human Resources Department; FFSC; InTransition; VA Representative	Command Human Resources Department; FFSC; InTransition; VA Representative	Command Human Resources Department; FFSC; InTransition; VA Representative	Your Human Resources/Civilian Personnel Department	Contact your employer for information about your benefits and available services.
Physical Fitness	Command Fitness Leader (CFL); MWR Sports and Recreation/Gym; Primary Care Manager; USNMRTC Yokosuka Wellness and Health Promotions	Command Fitness Leader (CFL); MWR Sports and Recreation/Gym; Primary Care Manager; USNMRTC Yokosuka Wellness and Health Promotions	Command Fitness Leader (CFL); MWR Sports and Recreation/Gym; Primary Care Manager; USNMRTC Yokosuka Wellness and Health Promotions	Primary Care Manager; USNMRTC Yokosuka Wellness and Health Promotions; MWR Sports and Recreation/Gym	Primary Care Manager; USNMRTC Yokosuka Wellness and Health Promotions; MWR Sports and Recreation/Gym	Contact your employer about related benefits.
Relationships	FFSC; Command Chaplain; MFLC; CREDO	FFSC; Command Chaplain; MFLC; CREDO	FFSC; Command Chaplain; MFLC; CREDO	FFSC; MFLC; Base Chaplain; CREDO	Primary Care Manager or Insurance Company for referral to network, FFSC (Space Available)	Contact your insurance company about your benefits and services available.
Sexual Assault	Command Sexual Assault Prevention and Response Victim Advocate; FFSC Family Advocacy Program (FAP)	Command Sexual Assault Prevention and Response Victim Advocate; FFSC Family Advocacy Program (FAP)	Command Sexual Assault Prevention and Response Victim Advocate; FFSC Family Advocacy Program (FAP)	Command Sexual Assault Prevention and Response Victim Advocate; FFSC Family Advocacy Program (FAP)	Command Sexual Assault Prevention and Response Victim Advocate; FFSC Family Advocacy Program (FAP)	Contact your insurance company about your benefits and services available.

	Active Duty Surface Ship	Active Duty Carrier	Active Duty Shore/Other	Dependent of Active Duty	Federally-employed Civilian/Dependent AND Retiree/Dependent	Other (e.g., Employed by Contract Company, etc.)
Sleep	Primary Care Manager (Medical Officer or IDC)	Primary Care Manager (IDC or Waterfront Medical)	Primary Care Manager; Primary Care Behavioral Health Consultant	Primary Care Manager; Primary Care Behavioral Health Consultant	Primary Care Manager or Insurance Company for referral to network, FFSC (Space Available)	Contact your insurance company about your benefits and services (local area and/or virtual care)
Smoking	Primary Care Manager (Medical Officer or IDC); USNMRTC Yokosuka Wellness and Health Promotions	Primary Care Manager (IDC/Waterfront Medical); USNMRTC Yokosuka Wellness and Health Promotions	Primary Care Manager; USNMRTC Yokosuka Wellness and Health Promotions	Primary Care Manager/Insurance Company; USNMRTC Yokosuka Wellness and Health Promotions	Primary Care Manager/Insurance Company; USNMRTC Yokosuka Wellness and Health Promotions	Contact your insurance company about your benefits and services available.
Spiritual	Command Chaplain; Chapel of Hope; CREDO	Command Chaplain; Chapel of Hope; CREDO	Command Chaplain; Chapel of Hope; CREDO	Command Chaplain; Chapel of Hope; CREDO	Chapel of Hope	Chapel of Hope
Stress/Tolerating Distress	FFSC Military and Family Life; MFLC; Primary Care Manager; Embedded Mental Health	FFSC Military and Family Life; MFLC; Primary Care Manager; Embedded Mental Health	FFSC Military and Family Life; MFLC; Primary Care Manager ; USNMRTC Mental Health	FFSC Military and Family Life; MFLC; Primary Care Manager	FFSC Military and Family Life; MFLC; Primary Care Manager/Insurance Company	Contact your insurance company about your benefits and services available.
Weight	Command Fitness Leader (CFL); Primary Care Manager; USNMRTC Yokosuka Wellness and Health Promotions	Command Fitness Leader (CFL); Primary Care Manager; USNMRTC Yokosuka Wellness and Health Promotions	Command Fitness Leader (CFL); Primary Care Manager; USNMRTC Yokosuka Wellness and Health Promotions	Primary Care Manager; USNMRTC Yokosuka Wellness and Health Promotions	Primary Care Manager/Insurance Company; USNMRTC Yokosuka Wellness and Health Promotions	Contact your insurance company about your benefits and services available.
Wellness	Primary Care Manager (Medical Officer or IDC); USNMRTC Yokosuka Wellness and Health Promotions; Primary Care Behavioral Health Consultant	Primary Care Manager (Medical Officer or IDC); USNMRTC Yokosuka Wellness and Health Promotions; Primary Care Behavioral Health Consultant	Primary Care Manager; USNMRTC Yokosuka Wellness and Health Promotions; Primary Care Behavioral Health Consultant	Primary Care Manager; USNMRTC Yokosuka Wellness and Health Promotions; Primary Care Behavioral Health Consultant	Primary Care Manager/Insurance; USNMRTC Yokosuka Wellness and Health Promotions; Primary Care Behavioral Health Consultant	Contact your insurance company about your benefits and services available.
Workers-Comp	Chain of Command; Occupational Health and Safety Office	Chain of Command; Occupational Health and Safety Office	Chain of Command; Occupational Health and Safety Office	Supervisor; Occupational Health and Safety Office	Supervisor; Occupational Health and Safety Office	Contact your employer for information about your benefits and available services.
Work-stress	Mentor, or Sponsor; FFSC Military and Family Life; MFLC; Primary Care Manager; Embedded Mental Health	Mentor, or Sponsor; FFSC ; MFLC; Primary Care Manager; Embedded Mental Health	Mentor, or Sponsor; FFSC MFLC; Primary Care Manager; USNMRTC Mental Health	FFSC; Primary Care Manager/Insurance Company	FFSC; Primary Care Manager/Insurance Company	Contact your insurance company about your benefits and services available.
Worries	FFSC ; Chaplain; MFLC; Primary Care Manager; Embedded Mental Health	Chaplain; MFLC; Primary Care Manager; Embedded Mental Health	FFSC ; MFLC; Chaplain; Primary Care Manager; USNMRTC Mental Health	Chaplain; FFSC; MFLC; Primary Care Manager/Insurance Company	FFSC; Primary Care Manager/Insurance Company	Contact your insurance company about your benefits and services available.

MENTAL HEALTH & RELATED RESOURCES DIRECTORY

FLEET ACTIVITIES YOKOSUKA

Service	Phone	Additional Information
Appointment Line USNMRTC (DSN)	+1-315-243-5352	https://yokosuka.tricare.mil/Getting-Care/Appointments-Referrals
Appointment Line USNMRTC (From Japan Cell)	+81-046-816-5352	https://yokosuka.tricare.mil/Getting-Care/Appointments-Referrals
CFAY Event Calendars		https://seahawkumitaka.com/community/community-cfay-monthly-calendars
CFAY Ombudsman	Email Only	cfayombudsman@yahoo.com
Chapel of Hope	DSN 315-243-2010	https://www.navywmryokosuka.com/child-youth
Chaplain CFAY	+81-090-1468-2779	CFAY-chapel@us.navy.mil; Facebook search for "Chapel of Hope"
Chaplain CFAY	+1-011-81-468-16-2010	CFAY-chapel@us.navy.mil
Chaplain USNMRTC (DSN)	DSN 315-243-2010	https://www.navywmryokosuka.com/child-youth
Child Care- CYP Admin	DSN 315-243-4079	https://www.navywmryokosuka.com/child-youth
CNRJ CREDO Chaplain	DSN 315-243-8865	https://credo-japan.trumba.com
CNRJ CREDO Chaplain	DSN 315-243-3526	https://credo-japan.trumba.com
Crisis Line (24/7) Talk, Text, Chat	+1-844-702-5493	https://www.veteranscrisisline.net/get-help-now/chat/
Crisis Line 24/7 DSN	988	https://www.veteranscrisisline.net/get-help-now/chat/
Duty Chaplain (DSN)	DSN 315-243-2300	https://www.veteranscrisisline.net/get-help-now/chat/
Educational and Developmental Intervention Services (EDIS)	DSN 315-243-7260	https://yokosuka.tricare.mil/Health-Services/Childrens-Health/EDIS
Educational and Developmental Intervention Services (EDIS)	+81-046-816-7260	https://yokosuka.tricare.mil/Health-Services/Childrens-Health/EDIS
Educational and Developmental Intervention Services (EDIS)	011-81-46-816-7260	https://yokosuka.tricare.mil/Health-Services/Childrens-Health/EDIS
Emergency Chaplain 24/7	+81-090-1468-2779	
Emergency Room USNMRTC Yokosuka	+81-046-816-5137	https://yokosuka.tricare.mil/Health-Services/Urgent-Emergency-Care
Emergency Room USNMRTC Yokosuka (DSN)	DSN 315-243-5137	https://yokosuka.tricare.mil/Health-Services/Urgent-Emergency-Care
Emergency Services Off Base	119	https://yokosuka.tricare.mil/Health-Services/Urgent-Emergency-Care
Emergency Services On Base (From Japan Cell)	+81- 046-816-0911	https://yokosuka.tricare.mil/Health-Services/Urgent-Emergency-Care
Emergency Services On Base (From US Cell)	911	https://yokosuka.tricare.mil/Health-Services/Urgent-Emergency-Care
Fleet and Family Support Center (EFMP Liaison)	315-243-9605	Facebook search for "CFAY Fleet and Family Support Center-FFSC"
Fleet and Family Support Center (Family Advocacy)	315-243-7878	Facebook search for "CFAY Fleet and Family Support Center-FFSC"
Fleet and Family Support Center (Personal Finance)	315-243-9910	Facebook search for "CFAY Fleet and Family Support Center-FFSC"
Fleet and Family Support Center (Transition Assistance)	315-243-9630	Facebook search for "CFAY Fleet and Family Support Center-FFSC"
Fleet and Family Support Center Yokosuka DSN	315-243-7878	ffscinfo@us.navy.mil
Gyms- Fitness Center Purdy	315-241-4486	https://www.navywmryokosuka.com/programs/53472838-00e7-4fa2-8191-920f88ef29fb
Gyms- Fleet Rec Center	315-243-5304	https://www.navywmryokosuka.com/programs/d1df28d7-5534-4f81-94af-d98d33364f0a
Gyms- Ikego	315-243-5398	https://www.navywmryokosuka.com/programs/b6726465-f8fc-44b0-9714-3dc8aae2782b
Ikego Elementary School Front Desk	+81-046-806-8320	https://ikegoes.dodea.edu/
Ikego Elementary School Registrar	+81-046-806-8323	https://ikegoes.dodea.edu/
Internal Behavioral Health Consultant (IBHC) USNMRTC Yokosuka DSN	315-243-5352	https://yokosuka.tricare.mil/Getting-Care/Appointments-Referrals
inTransition Program	+1-800-748-81111	dha.ncr.j-9.mbx.intransition@health.mil
ITT (Info, Tours, Ticketing)	315-241-5056	https://www.navywmryokosuka.com/recreation/tickets-travel
Kinnick High School	+81-046-816-7392	https://kinnickhs.dodea.edu/
Kinnick High School	315-243-7392	https://kinnickhs.dodea.edu/
Kinnick High School Registrar	315-243-5151	https://kinnickhs.dodea.edu/
Legal RLSO	315-243-8901	https://www.jag.navy.mil/legal-services/western-pacific/

Mental Health USNMRTC Yokosuka DSN	315-243-5171	https://yokosuka.tricare.mil/Health-Services/Mental-Health-Substance-Abuse
MHS Nurse Advice Line (From DSN)	94-888-901-7144	https://mhsnurseadviceline.com/
MHS Nurse Advice Line (From Japan Cell)	0120-996-985	https://mhsnurseadviceline.com/
MHS Nurse Advice Line (From US Cell)	1-888-901-7144	https://mhsnurseadviceline.com/
Military Family Life Counselors (MFLC)	+81-080-6485-6370	https://www.militaryonesource.mil/benefits/military-family-life-counseling-program/
Military Family Life Counselors (MFLC)	+1-571-338-8225	https://www.militaryonesource.mil/benefits/military-family-life-counseling-program/
Military Family Life Counselors (MFLC) Child/Families	+81-080-7451-9898	https://www.militaryonesource.mil/benefits/military-family-life-counseling-program/
Military OneSource Virtual Counseling and Support	1-800-342-9647	https://www.militaryonesource.mil/
Military OneSource Virtual Counseling and Support (DSN)	703-253-7599	https://www.militaryonesource.mil/
Navy-Marine Corps Relief Society	315-243-7650	Facebook search for "Navy-Marine Corps Relief Society Yokosuka"
Outdoor Recreation	315-243-5732	https://www.navymwryokosuka.com/programs/6336b068-b26f-493a-a319-ebd0f9820651
Patient Advocacy/Referral Management	315-243-8627	https://yokosuka.tricare.mil/Patient-Resources/Medical-Management
Prescription Refill System Naval Hospital (DSN)	315-243-4689	https://yokosuka.tricare.mil/Health-Services/Pharmacy
Prescription Refill System- Naval Hospital (From Japan Cell)	046-816-4689	https://yokosuka.tricare.mil/Health-Services/Pharmacy
Psychological Health Resource Center (DoD)	866-966-1020	health.mil/phrc
Safe Helpline	+1-877-995-5247	https://www.safehelpline.org/
SAPR Hotline (24/7)	+81-090-8046-5783	https://www.safehelpline.org/
School Liason Officer	315-243-5542	https://www.navymwryokosuka.com/child-youth/school-liason-officer-slo
School Liason Officer	+81-046-816-5542	https://www.navymwryokosuka.com/child-youth/school-liason-officer-slo
Sexual Assault Victim Advocate Support Specialist (24/7)	+81-046-816-8415	https://cnrj.cnmc.navy.mil/Installations/CFA-Yokosuka/About/Crisis-Resources/
Sexual Assault Victim Advocate Support Specialist (24/7)	315-243-8415	https://cnrj.cnmc.navy.mil/Installations/CFA-Yokosuka/About/Crisis-Resources/
Single Sailor Liberty Center	315-243-7346	https://www.navymwryokosuka.com/programs/0d72e5b7-ae7c-4000-9262-07cff588cf60
Spouse Education and Career Opportunties (SECO) Program	1-800-342-9647	https://myseco.militaryonesource.mil
Substance Abuse Response and Prevention (SARP) DSN	315-243-5489	https://yokosuka.tricare.mil/Health-Services/Mental-Health-Substance-Abuse
Teen Center	315-241-2098	https://www.navymwryokosuka.com/child-youth/teen-centers
The Sullivans Elementary School	046-816-2579	https://sullivanses.dodea.edu/
The Sullivans Elementary School	315-243-2579	https://sullivanses.dodea.edu/
Tricare Claims	315-243-8992	https://tricare.mil/
Tricare Enrollment	315-243-9528	https://tricare.mil/
USO	315-241-3030	https://japan.uso.org/yokosuka
VA Rep	315-243-3960	https://www.benefits.va.gov/benefits/oms_Coordinators.asp
Wellness Apps for Mobile Phone		https://mobile.va.gov/appstore/mental-health
WIC Overseas	315-243-9426	https://tricare.mil/wic/
Yokosuka Middle School Front Desk	+81-046-816-5165	https://yokosukams.dodea.edu/
Yokosuka Middle School Front Desk	315-243-5165	https://yokosukams.dodea.edu/
Yokosuka Middle School Registrar	+81-046-816-3293	https://yokosukams.dodea.edu/
Yokosuka Middle School Registrar	315-243-3293	https://yokosukams.dodea.edu/
Yokosuka Primary School	+81-046-816-2574	https://yokosukaps.dodea.edu/
Yokosuka Primary School	315-243-2574	https://yokosukaps.dodea.edu/

Mental Health Care Overview & Description of Services

FLEET ACTIVITIES YOKOSUKA

On Base Emergency Services: 046-816-0911 – Emergency Room DSN: 243-5137 – Emergency Off Base: 119 - Crisis Line (Text/Call/Chat): +1-844-702-5493 or DSN 988; Military OneSource Virtual Counseling and Support Services: +1-800-342-9647; +1-703-253-7599

Please note: Availability of resources fluctuates day-to-day with supply and demand; Please contact each agency for most up-to-date service availability.

	Who Can Be Seen	Scope of Care	Confidentiality	Self-Referral Process
Mental Health (MH) 243-5171 USNH Yokosuka Bldg. E-22 Room 152	- Active Duty attached to shore commands. - Dependents of Active Duty (space available) <u>No therapy services</u> for dependents under the age of 18 - Child/adolescent Psychiatry is available <i>Active Duty attached to ship commands need to speak with their IDC/medical for referral to their embedded mental health team</i>	Concerns such as: - Depression - Trauma - Anxiety - Adjustment - Suicidal Ideation	Access to Records - CO of patient's command - Other medical providers Mandated Reporting - Harm to Self/Others - Abuse child/dependent - Domestic Violence - Sexual Assault - Some UCMJ Violations <i>Every encounter is a Fitness for Duty Evaluation (ie mental health impairment, substance use)</i>	Walk into MH waiting room in building E22 between the hours of 0800-0900 MON- FRI. If unable to make those hours, please call ahead to arrange a time with the behavioral health technicians. If unable to self-refer, please contact medical provider for a referral. (DoD Civilians can speak with their primary care manager/insurance for referrals to network.)
Substance Abuse Response & Prevention (SARP) 243-5489 USNH Yokosuka Bldg. E-22 Room 225	- Active Duty - Dependents of Active Duty based on space available	Substance abuse (can be seen in conjunction with MH). <u>Levels of Treatment</u> Prime for Life: 3 day Level 1: 2 week Level 2: 3 week Level 3: inpatient (TAD to CONUS if Active Duty or coordinate with TriCare insurance if dependent)	Access to Records - CO of patient's command - Other medical providers Mandated Reporting - Harm to Self/Others - Abuse child/dependent - Domestic Violence - Sexual Assault - Some UCMJ Violations <i>Every encounter is a Fitness for Duty Evaluation (ie mental health impairment, substance use)</i>	Active Duty: - Self-refer to command DAPA for screening - DAPA refers to SARP for determination of level of care and treatment. - Providers can submit referral to SARP - You can also talk to your PCM or stop by the SARP clinic for more information. Dependents: - Self-refer to SARP office or via provider referral.
Internal Behavioral Health Consultant (IBHC) 243-5352 USNH Yokosuka (Main Building)	- Active Duty - Dependents - DOD Civilians - Retirees	Concerns such as: - Adjustment disorders - Sleep - Smoking - Weight management	Access to Records - CO of patient's command - Other medical providers Mandated Reporting - Harm to Self/Others - Abuse child/dependent - Domestic Violence - Sexual Assault - Some UCMJ Violations	- All can self-refer to IBHC by calling appointment line. - Request a referral from your Primary Care Provider
Fleet and Family Support Center (FFSC) 315-243-7878	- Active Duty - AD Dependents Space available - Contractors - DOD Civilians - Retirees	Concerns such as: - Adjustment issues - Couples counseling - Stress and related symptom management	Mandated Reporting - Harm to Self/Others - Abuse child/dependent - Domestic Violence - Sexual Assault	Walk into FFSC fourth floor of Community Readiness Center (Bldg. across from Commissary): MON, WED, TH & FRI: 0800-1630 TUES: 0800-1430
Military and Family Life Counselors (MFLC) Various Locations	- Active Duty - AD Dependents <i>*** Priority is given to ship-board Active Duty and their spouses</i>	Concerns such as: - Military life stress - Parenting - Adjustment issues - Marital/relational stress	Services are confidential and no records kept. Mandated reporting of: - Child abuse - Domestic abuse - Duty to warn situations	<u>To Arrange Appointment:</u> +81-080-6485-6370 +1-571-338-8225 <u>Children and Family Therapy:</u> +81-080-7451-9898
Chaplain Services 315-243-2010 Various Locations	All	Concerns such as: - Military life stress - Relationships - Adjustment issues - Spiritual concerns	Full Confidentiality	Yokosuka Area Duty Chaplain: 090-1468-2779 (Emergency Line)

MENTAL HEALTH APPS FOR MOBILE DEVICES



ACT Coach

Practice lessons learned during Acceptance and Commitment Therapy (ACT) in your daily life.

Android iOS



AIMS for Anger Management

Track, address, and manage anger to reduce frustration and feel in control.

Android iOS Web



Annie for Veterans

Receive automated text messages for self-care including medication reminders, tips to reduce stress, and more.

Web



CBT-i Coach

Receive supplemental support for Cognitive Behavioral Therapy for Insomnia (CBT-i) and learn strategies to improve sleep.

Android iOS



Couples Coach

Explore ways to connect with your partner to improve communication and satisfaction in your relationship.

Android iOS



CPT Coach

Enhance your Cognitive Processing Therapy (CPT) treatment for PTSD with these support materials.

Android iOS



Live Whole Health

Support your health and well-being with care centered around what matters most to you.



Mindfulness Coach

Learn how to practice mindfulness to reduce stress and improve emotional balance.

Android iOS



Pain Coach

Use in-depth education, customizable support, and in-the-moment practice activities based on the latest in pain management to help manage chronic pain.

Android iOS



PFA Mobile

Access resources for responders who provide psychological first aid (PFA) as part of a response effort.

Android iOS



PTSD Family Coach

Access self-care tools and receive support for living with someone who has PTSD.

Android iOS



Share My Health Data

View data from your health tracking devices all in one place and share it with your VA care team.

Android iOS



Stay Quit Coach

Create a personalized plan to quit smoking and access resources for staying smoke-free.

Android iOS



AHRQ QuestionBuilder

Helps Veterans and Caregivers prepare the questions they need to ask their providers ahead of time based on the type of appointment scheduled to get the most out of their visit.

Android iOS Web



Annie for Clinicians

Allows VA care teams to manage Veterans' use of Annie health subscriptions and review the health readings they submit.

Web



Beyond MST

Find coping tools and free resources to work through challenges associated with Military Sexual Trauma (MST).

Android iOS



Concussion Coach

Learn and practice healthy activities that can improve your concussion symptoms.

Android iOS



COVID Coach

Receive tools to support self-care and mental wellness during the COVID-19 pandemic and beyond.

Android iOS



Insomnia Coach

Access a guided weekly training plan, an interactive sleep diary, and other tools to help track and improve sleep.

Android iOS



MHA for Veterans

Take a variety of mental health assessments from the comfort and convenience of home.



MOVE! Coach

Complete a 16-week nutrition and exercise program for weight management.

Android iOS



PE Coach

Supplement your Prolonged Exposure (PE) therapy sessions with exercises and techniques to alleviate PTSD symptoms.

Android iOS



PTSD Coach

Access tools, educational resources, and self-assessments to help manage the stresses of daily life with PTSD.

Android iOS



Safety Plan

Create a custom step-by-step action plan to keep yourself safe when experiencing thoughts about suicide or self-harm.

Android iOS



STAIR Coach

Improve your emotional well-being and relationships with interactive tools for understanding and relieving trauma symptoms.

Android iOS



VA Health Chat

Connect with a VA staff member in as little as 60 seconds.

Android iOS Web

Mental Health Roadmap

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

START HERE

Command:



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 & 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:



Independent Duty Corpsman/General Medical Officer

IDCs and GMOs can place referrals to embedded mental health, MTFs, and network providers for serious conditions or duty determinations. They provide medical management for most mental health concerns and can communicate with CO and other providers.

Contact your IDC or GMO:



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:
DSN 315-243-7878



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:

315-243-5171



EMERGENCY ROOM

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