



# MCAS Iwakuni Mental Health Resources



## Emergency Mental Health Resources

These resources are available 24/7 in the event of a mental health emergency.

<p><b>Branch Medical Clinic</b> The Branch Medical Clinic has an on-call Mental Health Provider who is available 24/7 to respond to mental health emergencies. Members may call or report to MHP-Extended near the ambulance bay (previously known as the Acute Care Clinic)</p>	<p><b>DSN:</b> 255-8100 <b>Local Japan:</b> 0827-94-8100 <b>American:</b> +81-827-94-8100</p>
<p><b>Duty Chaplain</b> The Chaplain is an ordained clergy person (minister, priest, rabbi or imam) who is on active duty to serve Marines, Sailors and their families. The Duty Chaplain is available after-hours to provide confidential counseling to people in need.</p>	<p><b>Local Japan:</b> 080-6612-9244 080-9950-4101  <b>American:</b> +81-80-6612-9244 +81-80-9950-4101</p>
<p><b>DStress Hotline</b> The Marine Corps DSTRESS Line is an anonymous Marine-to-Marine phone and chat support service that operates 24 hours a day, 7 days a week. The line is staffed by veteran Marines, former Fleet Marine Force Navy Corpsmen, Marine spouses and family members, and licensed behavioral health counselors.</p>	<p><b>DSN:</b> 253-7734 <b>Worldwide toll-free:</b> 1-877-476-7734 <b>Online Chat:</b> <a href="https://usmc-mccs.org/services/support/dstress-line/">https://usmc-mccs.org/services/support/dstress-line/</a></p>
<p><b>Suicide Prevention Lifeline</b> The Suicide Prevention Lifeline provides 24/7, free and confidential support for people in distress, as well as additional crisis resources for you or your loved ones.</p>	<p><b>Worldwide toll-free:</b> 1-800-273-8255 <b>Website:</b> <a href="https://suicidepreventionlifeline.org/">https://suicidepreventionlifeline.org/</a></p>

## NMRTU Iwakuni Behavioral Health Clinic

NMRTU Iwakuni Behavioral Health is equipped with five uniformed mental health providers who offer outpatient psychiatric services and psychotherapy. If you would like to schedule an appointment, please contact the number for our Behavioral Health Clinic below.

**NOTE:** If you are in a ROM status, please call for assistance, or in the event of a mental health emergency after-hours, utilize the resources listed above.

Behavioral Health Clinic	<p><b>DSN:</b> 255-8331 <b>Local Japan:</b> 0827-94-8331 <b>American:</b> +81-827-94-8331</p>
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## Marine Corps Community Services (MCCS)

Marine Corps Community Services (MCCS) provides a variety of services to individuals, couples, families, and children as outlined below.

**NOTE:** If you are in a ROM status, please call the Community Counseling Program for assistance; **Do not visit their offices.** Services are available Monday through Friday from 7:30am-4:30pm. You can also visit their website at <https://mccsiwakuni.com/home/marine-family/counseling-services/>

<b>Community Counseling Program</b> The Community Counseling Program is designed to provide general counseling services to individuals, couples, families, and groups to promote Marines, Sailors, and their families' well-being.	<b>DSN:</b> 253-6553 <b>Local Japan:</b> 0827-79-6553 <b>American:</b> +81-827-79-6553
<b>Military and Family Life Consultants (MFLCs)</b> MFLCs are licensed clinical counselors who provide short term and problem-solving techniques to service members and their family members. Consultation and training are free, anonymous, and confidential.	090-6654-2351 090-6005-8412 080-4186-0194
<b>Substance Abuse Prevention &amp; Counseling</b> The SACC provides confidential services for active-duty military members and other eligible SOFA status beneficiaries addressing issues and concerns with alcohol and drug use, misuse, and dependence. Our services include education, prevention, screening assessments, and individual or group counseling.	<b>DSN:</b> 253-5260 <b>Local Japan:</b> 0827-79-5260 <b>American:</b> +81-827-79-5260
<b>Sexual Assault Prevention &amp; Response (SAPR)</b> This program offers information and services to military members, military dependents over 18, and DoD civilians who are victims of sexual assault. If you have been the victim of a sexual assault, please contact the installation 24/7 SAPR Support Line for assistance with reporting options and to request advocacy with the command, law enforcement, and medical personnel.	<b>24/7 SAPR Support Line:</b> 080-5865-3566
<b>Family Advocacy Program (FAP)</b> Family Advocacy is designed to assist families experiencing the trauma of abuse. Counselors are trained in domestic violence dynamics to assist in protecting victims and support families in need of assistance.	<b>DSN:</b> 253-4526 <b>Local Japan:</b> 0827-79-4526 <b>American:</b> +81-827-79-4526 <b>After-Hours:</b> 090-9978-1033

## MCAS Iwakuni Chaplain

Chaplains are the military's religious leaders, responsible for tending to the spiritual and moral well-being of service members and their families. This includes performing religious rites, conducting worship services, and providing confidential counseling to people in need.

**NOTE:** If you are in a ROM status and need assistance, you can request confidential chaplain services in your quarters; please do not visit the Chapel. For those not in a ROM status, you can also request confidential assistance and will have access to the chapel.

Location	Phone	E-Mail
<b>BASE CHAPEL</b>	<b>DSN:</b> 253-3371 <b>Local Japan:</b> 0827-79-3371 <b>American:</b> +81-827-94-3371	chaplainiwakuni@usmc.mil
<b>MAG-12 RMT</b>	<b>DSN:</b> 255-7556/7557 <b>Local Japan:</b> 0827-94-7556 <b>American:</b> +81-827-94-7556	anthony.d.stallings@usmc.mil
<b>MALS-12 RMT</b>	<b>DSN:</b> 253-3629 <b>Local Japan:</b> 0827-79-3629 <b>American:</b> +81-827-79-3629	eduardo.amora@usmc.mil
<b>MWSS-171 RMT</b>	<b>DSN:</b> 253-5760 <b>Local Japan:</b> 0827-79-5760 <b>American:</b> +81-827-79-5760	james.s.hicks30.mil@mail.mil
<b>CVW-5</b>	<b>DSN:</b> 253-7540 <b>Local Japan:</b> 0827-79-7540 <b>American:</b> +81-827-79-7540 <b>Cell (from Japan):</b> 080-4909-8813 <b>Cell (from American):</b> +81-80-4909-8813	tristan.engle@fe.navy.mil
<b>Chaplain After Hours (5pm-8am)</b>	<b>Local Japan:</b> 080-6612-9244 080-9950-4101  <b>American:</b> +81-80-6612-9244 +81-80-9950-4101	chaplainiwakuni@usmc.mil

**Military OneSource Counseling** – Military OneSource offers confidential, non-medical counseling by phone, online, chat or video. You can contact them on the numbers below or visit their website at: <https://www.militaryonesource.mil/about-us>

Worldwide toll-free: +1-800-342-9647

DSN: 800-342-9647

Worldwide collect: +1-703-253-7599

Online chat: <https://livechat.militaryonesourceconnect.org/chat>

## **FOCUS**

FOCUS (Families OverComing Under Stress) provides resilience training to military children, families, and couples. It helps build on current strengths and teach new strategies to enhance communication and problem solving, goal setting and creating a shared family story.

To engage in local services, please visit the Marine Memorial Chapel in Bldg 1100, Suite 148, or call or email the phone numbers/email address listed below.

Phone:

[0827.79.2180](tel:0827.79.2180)

DSN:

[253.2180](tel:253.2180)

Email:

[lwakuni@focusproject.org](mailto:lwakuni@focusproject.org)

For telehealth services, please ask about teleFOCUS, which can be just as beneficial. You can visit their website at: <https://focusproject.org/content/marine-corps-air-station-iwakuni> or set up an appointment by contacting: [lwakuni@focusproject.org](mailto:lwakuni@focusproject.org)

Please also feel free to check out their COVID-19 resource page at:

<https://focusproject.org/covid19>

### **TELL Japan (Telehealth Services)**

TELL is dedicated to providing effective support and counseling services to Japan's international community and its increasing mental health needs. TELL offers services in both English and Japanese. You can visit their website at: <https://telljp.com/> or call one of the numbers below.

**TELL Lifeline** is free and available daily from 0900-2300. On Friday, Saturday, and Sunday nights, services are available from 2230-0200. Phone Number: 03-5774-0992

**TELL Counseling** provides counseling Monday through Friday from 1000-1500 (fees may apply for long-term counseling). Please call 03-4550-1146 for English and 03-4550-1147 for Japanese.

### **Tokyo Mental Health (Telehealth Services)**

TMH offers both face-to-face and online counseling and psychotherapy with international, multilingual counselors, psychologists and therapists. They aim to make high quality counselling and psychotherapy treatment available for the foreign community and returnees for whom accessing an English counselor can be difficult. They provide services for individuals, couples and families, adults, adolescents, and children. You can schedule an appointment or consultation via their website at: <https://www.tokyomentalhealth.com/>