MCAS IWAKUNI JAPAN

MCAS IWAKUNI MENTAL HEALTH ROADMAP

There's no wrong door to start— we'll get you to the right place!

Go here first!

FRIENDS, FAMILY, & CHAIN OF COMMAND

- -Your main resource is your existing support system— in-person and remotely
- -If not supportive, tell another trusted resource or command
- -Acting as friends, family, shipmates, and fellow Marines, remember the main factors that ensure resilience:

a sense of purpose and belonging

CHAPLAINS

Station Duty Chaplain:

0827-79-9244/ +81-80-6612-9244

- -100% confidential
- -Chaplains facilitate for all religious and non-religious
- -More than just spiritual guidance, counseling for family, marital, and operational stress, morality, grief, trauma, loss, identity, purpose, etc.
- -No health record documentation
- -No referral needed

MILITARY & FAMILY LIFE COUNSELING (MFLC)

- -Short-term, non-medical counseling
- -Flexible counseling locations
- -Minimal reporting requirements
- -No health record documentation
- -Select units with dedicated embedded providers

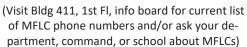












Licensed and experienced master's or doctorate-level counselors offer non-medical counseling for stress management, adjustment difficulties, parenting, life skills, finances, cop-

ing skills and grief or

loss.

PROGRAM (CCP) MCCS- Bldg 411, Rm 201

0827-79-6553/ +81-827-79-6553

- -Non-medical counseling
- -No health record documentation
- -Confidential, within limits of the law
- -No referral needed





COMMAND MEDICAL "DOC"

- -Independent Duty Corpsman (IDC), "DOC," Flight Doc, Medical Department Representative
- -Go to sick call, no referral needed
- -Can treat many conditions or refer you for higher level care
- -Can prescribe mental health medications
- -May communicate with CO & medical providers

MILITARY ONESOURCE

1-800-342-9647/ militaryonesourceconnect.org

Iwakuni on-base phones - dial 145

- -Non-medical counseling via phone/VTC
- -Counselors only have to report on suicide and homicide risk or abuse
- -No referral needed
- -No health record documentation



BRANCH HEALTH CLINIC

- -Primary Care (Medical Home Port) via Tricare online or Appointment line 0827-94-8000/+81-827-94-8000
- -Specialty Care (Mental Health/Behavioral Health and Wellness) 0827-94-8331/+81-827-94-8331
- -Medical psychotherapy and/or medication management
- -There IS health record documentation
- -May communicate with CO & medical providers



EMERGENCY MENTAL HEALTH RESOURCES

- -Contact unit's CDO, medical department representative, or trusted shipmate/Marine
- -Emergency Dispatch (PMO)- 0827-79-3322/ +81-827-79-3322
- -Suicide and Crisis Line- 988/ 1-800-273-8255
- -Clinic Quarterdeck- 0827-94-8100/+81-827-94-8100

