



MCAS IWAKUNI MENTAL HEALTH ROADMAP



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

1

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



2

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



IDLE

READY

3

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



MILITARY & FAMILY LIFE COUNSELING



(Visit Bldg 411, 1st Fl, info board for current list of MFLC phone numbers and/or ask your department, command, or school about MFLCs)

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

4

COMMUNITY COUNSELING 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



REACTING

5

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



STRESS RESPONSE

6

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



INJURED

7

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



8

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**

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