



# 3D MARINE LITTORAL REGIMENT RESOURCES

<p><b>MILITARY FAMILY LIFE COUNSELOR (MFLC) embedded</b>  <b>571-376-3841</b>          Bldg 6722</p> <p><i>Confidential, non-medical counseling and skill building, no notes or records</i></p>	<p><b>EMBEDDED MENTAL HEALTH (EMH) OSCAR (Bldg 6906 2<sup>nd</sup> Deck)</b>  <b>808-257-3365 Option 9</b>  <b>EXT. 7650 or 7651</b></p> <p><i>For Active Duty Service Members only. Embedded, deployable, mental health providers. Outpatient medical counseling, psychiatry, and medication.</i></p>	<p><b>3d MLR Athletic Training (Bldg 1033)</b>  <b>808-257-4199</b></p> <p><i>Sports medicine, injury prevention and rehabilitation, preventative care and athletic education for 3dMLR Active Duty members.</i>          Hours: Mon-Fri: 0600-1400          Email: <a href="mailto:3dmlr_athletic_trainers@usmc.mil">3dmlr_athletic_trainers@usmc.mil</a></p>	<p><b>REGIMENTAL CHAPLAIN</b>  <b>808-807-6684</b>          Bldg 6721R</p> <p><i>Chaplains provide completely confidential, spiritual, humanistic supportive care, and assistance with humanitarian reassignments</i></p>
<p><b>FAMILY ADVOCACY PROGRAM (FAP)</b>  <b>808-496-7780</b>          Bldg 216  <a href="http://mccshawaii.com/familyadvocacy/">mccshawaii.com/familyadvocacy/</a>  <i>Prevention and education on stress, anger management, healthy relationships, and parenting.</i>  <b>24/7 Abuse Hotline</b>  <b>808-216-7175</b></p>	<p><b>COMMUNITY COUNSELING PROGRAM (CCP)</b>  <b>808-496-7780</b>          Bldg 216  <a href="http://mccshawaii.com/ccp/">mccshawaii.com/ccp/</a></p> <p><i>Individual, couples &amp; family counseling services for stress, communication, adjustment, relationships, and grief/loss</i></p>	<p><b>SUBSTANCE ASSESSMENT COUNSELING CENTER (SACC)</b>  <b>808-496-2456</b>          Bldg 279  <a href="http://mccshawaii.com/substanceabuse">mccshawaii.com/substanceabuse</a></p> <p><i>Awareness/prevention education, clinical treatment, for substance and/or gambling disorders. Tobacco cessation.</i></p>	<p><b>DELOYMENT READINESS COORDINATOR</b>  <b>808-220-6424</b>          Bldg 6720R</p> <p><i>Deployment readiness &amp; support, official communication, Information resource &amp; referral, volunteer management</i></p>
<p><b>SEXUAL ASSAULT PREVENTION AND RESPONSE (SAPR) INSTALLATION</b>  <b>MCBH 24/7 Hotline: 808-216-0126</b>  <b>DoD Safe Line: 877-995-5247</b>  <i>Immediate SAPR victim support for service members, dependents, and eligible civilians. Prevention awareness and education.</i></p>	<p><b>NEW PARENT SUPPORT PROGRAM</b>  <b>808-496-8803</b>          Bldg 216  <a href="http://mccshawaii.com/npsp/">mccshawaii.com/npsp/</a>  <i>Support services to expectant parents and military families with children under the age of 5. Parenting education, support, home visits, and play groups.</i></p>	<p><b>FOCUS (focusproject.org)</b>  <b>808-257-7774</b>          Bldg 3022</p> <p><i>Resiliency training, skill building, and interactive briefs for units, couples and families. Skill development for couples, children and parents.</i></p>	<p><b>MARINE CORPS FAMILY TEAM BUILDING</b>  <b>808-257-2650</b>          Bldg 579  <i>Resource information, support services, and training workshops: Communication, Leadership, Readiness and Resiliency, Relationship Enhancement.</i></p>
<p><b>SINGLE MARINE PROGRAM (SMP)</b>  <b>808-254-7593</b>          Bldg 1629  <a href="http://mccshawaii.com/smsp/">mccshawaii.com/smsp/</a>  <i>Promote Quality of Life (QoL) Initiatives &amp; ID concerns. Affect readiness, morale, living environment, personal growth and development.</i></p>	<p><b>MILITARY ONESOURCE</b>  <b>1-800-342-9647, DSN: 145</b>  <a href="http://militaryonesource.mil">militaryonesource.mil</a>  <i>Comprehensive information on military life: deployment, health, finances, spouse employment/education etc.</i>  <u>Non-medical counseling services online, via chat, telephone, or face to face 24/7</u></p>	<p><b>MEDICAL SERVICES (Bldg 6906)</b>  <b>808-257-3365</b></p> <p><i>Routine appointments and care: Immunizations, laboratory services, prescriptions.</i></p>	<p><b>TRIPLER ARMY MEDICAL CENTER</b>  <b>888-683-2778</b></p> <p><i>For emergent medical or mental health care services including <u>suicidal risk or attempts 24/7/365.</u></i></p>

<p><b>PERSONAL FINANCE MANAGEMENT</b>  <b>808-496-7783</b>  Bldg 220  <a href="https://mccshawaii.com/pfmp/">https://mccshawaii.com/pfmp/</a></p> <p><i>Money Management, Command Financial Specialist, Credit Report Analysis, 1:1 counseling, Workshops</i></p>	<p><b>SEMPER FIT &amp; RECREATION</b>  <b>808-254-7597</b>  Bldg 3037  <a href="https://mccsokinawa.com/fitness/">mccsokinawa.com/fitness/</a></p> <p><i>Weight lifting equipment/ machines, cardio room, group fitness classes, racquetball/basketball/volleyball courts, martial arts room, adult sports, outdoor recreation facilities.</i></p>	<p><b>HEALTH PROMOTION</b>  <b>254-7473</b>  Bldg 3037  <a href="https://mccsokinawa.com/healthpromotion">mccsokinawa.com/healthpromotion</a>  <i>Wellness educators for individuals, groups, and units. Nutrition education, Tobacco Cessation, Resting metabolic rate testing, return to readiness program, sexual health, injury prevention.</i></p>	<p><b>USO</b>  <b>808-422-1213</b>  Honolulu, Hawaii  <a href="http://www.Hawaii.uso.org">www.Hawaii.uso.org</a></p> <p>Provide unit support, event support, Operation Birthday Cake</p>
<p><b>NAVY MARINE CORPS RELIEF SOCIETY</b>  <b>808-257-1972</b>  Bldg 4016  <a href="mailto:kaneohebay@nmcrs.org">kaneohebay@nmcrs.org</a>  <i>Financial, educational and other assistance. Quick assist loans, visiting nurses, budget for baby, emergency travel, disaster relief, and thrift shops.</i></p>	<p><b>EDUCATION CENTER (Bldg 220)</b>  <b>808-257-2158</b>  <i>Apprenticeship &amp; credentialing programs, commissioning programs, guidance counseling, tuition assistance, financial aid, G.I. Bill, testing, SkillBridge.</i></p> <p><b>Library (Bldg 219)</b>  <b>808-254-7624</b></p>	<p><b>SMART CLINIC NORTH (Bldg 221)</b>  <b>257-8708/2199</b></p> <p><i>Sports medicine, rehabilitation, and regenerative medicine for active duty personnel as well as dependents.</i>  <u>No appointment or referral needed.</u>  Check-in/Walk-in: M-F 0730-0900</p>	<p><b>TRANSITION READINESS (Bldg 244)</b>  <b>808-257-7790</b>  <a href="https://mccshawaii.com/trp/">mccshawaii.com/trp/</a>  <i>Workshops, individual counseling, personal readiness seminars, pre-retirement, financial planning, Career and Job Search Assistance, Occupational Guidance, Interview Skills.</i></p>
<p><b>EMERGENCY RESOURCES</b></p>	<p><b>OTHER FAMILY RESOURCES</b></p>		<p><b>ISLAND RESOURCES</b></p>
<p><b>24/7 SAPR SUPPORT LINE</b>  <b>808-216-0126</b></p> <p><b>VICTIM ADVOCATE HOTLINE</b>  <b>808-216-7175</b></p> <p><b>EMERGENCY SERVICES</b>  <b>911</b></p> <p><b>SUICIDE/MENTAL HEALTH EMERGENCY SERVICES</b>  <b>988</b></p>	<p><b>CHILD &amp; YOUTH PROGRAMS (CYP) BLDG 5082 257-7340</b></p> <p><b>RESOURCE AND REFERRAL</b>  Bldg. 5082 257-7240</p> <p><b>CHILD DEVELOPMENT CENTERS</b></p> <p>Kupulau CDC Bldg. 6111 257-1356  Laulima CDC Bldg. 6782 257-2038</p> <p><b>SCHOOL AGE CARE (SAC)</b>  Kulia School Age Care Bldg 6753 257-2030</p> <p><b>SCHOOL LIAISON</b>  Bldg 221 Rm 28 257-2019</p> <p><b>EXCEPTIONAL FAMILY MEMBER PROGRAM</b>  Bldg 219 257-0290</p>		<p><b>OFF BASE</b></p> <p>USO HAWAII 808-422-1213  WOUNDED WARRIOR 808- 216-4730  CREDO HAWAII 808-473-1434  Windward WIC 808-233-5470  VA Pacific 808-433-0600</p> <p><b>ON BASE</b></p> <p>RED CROSS (Bldg 579) 808-257-8848  EEO (Bldg 216 Rm 15) 808-257-1349  YMCA MCBH (Bldg 455) (808) 254-4719</p>

**ADDITIONAL RESOURCES**

- **Military OneSource:** From DSN 145 / Text 838255 - Crisis line, DSTRESS, Counseling, support, and resource information, 24/7. [www.militaryonesource.mil](http://www.militaryonesource.mil) online chat 24/7.
- **Family Member Employment Assistance Program (FMEAP)** Bldg 244 808-257-2653
- **National Crisis Hotline: 988** (suicide/crisis counseling hotline) - For ANYONE needing to talk 24/7.
- **Never Leave A Marine Behind:** <http://www.usmc-mccs.org/suicideprevent> - education and support to assist helpers and those at risk of suicide.

**EMERGENCY?**  
**CALL: 911**