

Stressed and want help but don't know where to start? We got you!



1

CHAPLAINS 601-679-3629

Area Wide Duty Chaplain 100%
Confidential

- More than spiritual counseling
- No reporting requirement
- No referral needed
- No health record documentation



2

MILITARY ONESOURCE

Contact: **800-342-9647 /**

MilitaryOneSource.mil

- Non-medical counseling and life skills i.e. financial, stress, coping skills and couples counseling
- Minimal reporting requirements
- No referral needed or health record documentation



3

Fleet and Family Support Center

Appointments 601-679-2360

- Non-medical counseling and life skills i.e. financial, stress, coping skills and couples counseling
- Minimal reporting requirements
- No referral needed or health record documentation



4

Navy Medical Branch Health Clinic

Appointment line: 601-679-2240

- Places referrals to EMH/MTF/Network for more serious conditions or duty determinations
- Medication management as needed
- May communicate with CO and other medical providers
- Health record documentation
- Medicine

5

Emergency Room

- Rush (1314 19th Ave, Meridian, MS 39301)
601-703-9260
- Alliance (5000 MS-39, Meridian, MS 39301)
601-483-6211
- Baptist Anderson (2124 14th St. Meridian, MS 39301)
601-553-6000

LOW

INDIVIDUAL LEVEL OF STRESS

HIGH



DOWNLOAD THE
NAVY'S MENTAL
HEALTH PLAYBOOK

