



THE FLIGHT PLAN: MAPPING OUT SUPPORT AND SUCCESS

FFSC NAS MERIDIAN

Strength in Seeking Help: A Message for Shipmates and Marines

March is Self-Harm Awareness, a time to shed light on a difficult topic. This is about looking out for each other and ensuring every member of our Navy and Marine Corps family knows that seeking help is a sign of strength, not weakness.

Understanding Self-Harm

Self-harm is when someone intentionally hurts themselves to cope with emotional pain. It is not an attempt to end one's life but a sign of deep distress. Self-harm can include behaviors like cutting, burning, scratching, or hitting oneself. It's a way some people deal with overwhelming feelings when they don't have other coping skills. It's a myth that people who self-harm are just seeking attention; in fact, it's often done in private and hidden out of shame or fear of judgment. The relief felt from self-harm is temporary and is often followed by feelings of guilt and shame, creating a dangerous cycle.

Recognizing the Signs in Your Brothers and Sisters in Arms

- As leaders and peers, we have a responsibility to look out for one another. Here are some signs that a fellow service member may be struggling: unexplained injuries like cuts, burns, or bruises, changes in behavior, emotional distress, and increased isolation.

How to Offer Support

If you notice these signs, act.

- Start a conversation: Talk to them privately and express your concern without judgment.
- Listen: Let them share their feelings.
- Encourage professional help: Guide them toward the resources available.

Available Resources

Military Crisis Line: Dial 988 and Press 1; Text 838255 | Military OneSource: 1-800-342-9647
 NAS Meridian Chaplain: 601-604-2015 | Naval Branch Health Clinic: 601-679-2210
 Marine Corps DSTRESS Line: 1-877-476-7734 | inTransition Program: 1-800-424-7877

This March, let's recommit to our core values of honor, courage, and commitment by fostering an environment of trust and support. Look out for your fellow Sailors and Marines, and remember that reaching out for help is the most courageous act of all. We are one team, and together, we are stronger.

In this issue....

Self Harm
Awareness

A Pinch of This

Bite Sized Briefs

Education &
Training

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 405 Rosenbaum Avenue

 601-679-2360

 Monday-Thursday: 0730-1600

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Computer/Resource Lab

The Resource Room has everything that military family members (16 years old and older) and transitioning service members need to conduct successful job searches and relocations resources—WiFi, computers, printer, copier, and helpful reference materials.

A Pinch of This

SPA Program:

FFSC is developing a 24-hour response Suicide Prevention Advocate program that will provide non-judgmental support to Service Members who are experiencing emotional struggles or in distress. We are creating a team of non-clinical advocates that will be trained in ASSIST, crisis intervention, and psychological first aid. It is important to encourage help-seeking behavior and linking to professional support. Volunteers assist those they will be supporting by providing sensitive care and active listening to explore options for seeking help and safety. If you are an active duty Service Member interested in joining this support team, please contact Kimberly Garrett, FFSC Director, at kimberly.b.garrett2.civ@us.navy.mil.

FFSC Virtual Clinical Counseling **CONNECT to GET CARE**

The Fleet and Family Support Center (FFSC) now provides in-person and virtual clinical counseling! Sailors and families can access virtual clinical counseling from the privacy of their own homes. Virtual clinical counseling is a nonmedical, clinical, short-term solution-focused service. It is available to individuals, couples and families.

To schedule an appointment, call 1-855-205-6749. If calling outside of regular business hours, leave a message. Your call will be returned within one business day.

www.ffsp.navy.mil



Director's Corner

As winter fades and longer days begin to brighten our schedules, we welcome the fresh energy and renewal that spring brings. This season is a time for growth, reset, and reconnecting, and it's the perfect opportunity to take advantage of the many programs and resources available through Fleet & Family Support Center (FFSC). Whether you're setting new personal goals, preparing for an upcoming PCS, strengthening your financial plan, or simply looking to build stronger connections within the community, FFSC is here to support you every step of the way.

Spring is also a wonderful time to refocus on personal well-being. From stress management workshops to relationship enrichment classes, FFSC provides tools and guidance to help military families thrive and navigate the unique challenges of military life. Military life can be demanding, but you are never alone. FFSC is committed to empowering our military community with trusted resources, knowledgeable professionals, and a welcoming environment where every family member matters. As you declutter your home and refresh your routines this spring, consider taking time to invest in yourself and your family. Explore a new workshop, schedule a consultation, or connect with a program that meets your current needs. Let this season be one of growth, resilience, and renewed connection. Your NAS Meridian FFSC team is ready to help you make the most of it.

Kimberly Garrett, FFSC Director

✉ cnicsemrdnffsc@us.navy.mil

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☎ 601-679-2360

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🔍 **Computer/Resource Lab**
The Resource Room has everything that military family members (16 years old and older) and transitioning service members need to conduct successful job searches and relocations resources—WiFi, computers, printer, copier, and helpful reference materials.

Bite Sized Briefs

Helpful Numbers:

- Emergency: 911 or Base Security: 601-679-2922
- SARC/SAPR Issues: 601-481-4274 OR 601-604-3037
- Suicide Hotline: 988
- DoD Safe Helpline: 877-995-5247
- Chaplain Duty Cell: 601-604-2015
- NAS Meridian CDO: 601-695-7055
- Military One Source: 800-342-9647



Save the Date:

March 10: Self Care Class

April 10: Walk a Mile in Their Shoes

April 15: Chalk the Walk

April 22: Therapeutic Community Garden

Safe Helpline Supports Survivors Today and Everyday

Since 2011, Safe Helpline has supported military survivors of sexual assault, their loved ones, and DoD stakeholders. Keeli Sorensen, VP of victim services at RAINN says “We are here for survivors at every stage - whether you need resources or just someone to talk to”.

Safe Helpline was created to meet the unique needs of the military community, including concerns about privacy, retaliation, and isolation. Many survivors choose Safe Helpline for anonymous, confidential support before deciding whether to report. In fact, more than half of callers have not yet reported to military authorities.

Using an empowerment focused approach, staff listens, validates feelings, and help survivors think through their options. “Survivors are the best judge of what’s right for them,” Sorensen says. We can provide the support and information so they can choose their next steps.”

If you would like to connect with a Safe Helpline staff member for one-on-one support, please call 877-995-5247 or visit SafeHelpline.org. NAS Meridian SAPR Support Line: 601-486-3122 | Installation SARC, Christen Alarcon: 601-481-4274

Tell us how we're doing!



Scan the QR code and leave a review!

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Education and Trainings

Transition/Career Assistance Program

Transition Assistance Program – In Person

Monday-Friday, March 23-27, 2026

7:30am until 4:00pm

The Transition Assistance Program (TAP) is a congressionally mandated program for all members who've served 180 days or more and plan to separate or retire. The program offers information, tools, and training to guide service members and their spouses to successfully move from the military to civilian life. From start to finish, TAP provides members with information and resources on veteran benefits, educational options, employment support (resume writing, interviewing), and more. Register now if you plan to retire or separate! Classes fill up quickly! **IMPORTANT!!!** You must contact Ms. Brittney Butchee to complete initial counseling 365 days before your separation date.

Transition Capstone (By Appointment Only)

CAPSTONE is the final mandatory event for all transitioning military members. Service members must demonstrate appropriate Career Readiness Standards (CRS) based on the goals they plan to pursue after completing their military service (employment, education, entrepreneurship, or technical training). All transitioning service members must complete CAPSTONE NLT 90 days before separation. Call FFSC for an appointment with a TAP Team member, Brittney Butchee: 601-679-2360.

Relocation Program

Welcome Aboard - In Person

Monday, March 2, 2026 - 8am

Join us for Welcome Aboard, the official indoctrination class at NAS Meridian, designed to help new personnel and their families transition smoothly into life at the installation. This course provides an overview of NAS Meridian's mission, command structure, support services, local resources. Participants will gain valuable insight into Navy culture, expectations, and the wide range of programs available to support personal and professional success.

Sponsorship Class - In Person

TBD

Join us for this class to provide incoming personnel with meaningful pre-arrival communication, adequate support upon arrival and relocation assistance to meet Sailor's needs. The goal of this program is to facilitate a smooth transition and assimilation into the new command. Command sponsor responsibilities begin when a Service member receives PCS orders; early engagement is key!

Financial Management Programs

Command Financial Specialist Training - In Person

TBD

Empower your shipmates with financial readiness through Command Financial Specialist (CFS) Training. This comprehensive course equips designated Sailors with the knowledge and tools to serve as financial mentors within their commands. Participants will learn core financial principles, including budgeting, debt management, savings, credit, and resources available through Navy Personal Financial Management (PFM) Programs. Upon completion, Sailors will be certified to assist their peers in making informed financial decisions and promoting long-term financial stability across the fleet. CFS requirements include:

- Must hold the rank of E5 or above with COC approval, and for E5's have 6 or more years of service unless a waiver is granted.
- Minimum of 12 months remaining at the current command.
- Demonstrate financial stability.
- Dedicated to delivering sound financial counseling to service members and their families.
- Available to support other CFS's or commands, including those from other branches of the military.

SAPR Program

SAPR CEU Refresher Course - In Person

Tuesday, March 17, 1:00p.m.-3:00 p.m.

The topic for this CEU course will be Watch Bill Training.

Family Employment Readiness Program

Resume Writing - In Person

TBD

Unlock the power of a strong resume in this interactive workshop designed to help job seekers at all levels create impactful, tailored resumes that stand out. Participants will learn how to structure and format their resumes, highlight relevant skills and achievements, and tailor content to align with specific job descriptions.



Visit [MyNavyFamily.com](https://www.mynavyfamily.com)
or download the APP for
more virtual webinars,
classes and trainings!

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