

Need to Talk? The following are available to service members and their families of MWSS-271.

Talk to Someone Right Now



DSTRESSLINE.COM
1-877-476-7734

Anonymous counseling service for Marines, attached Sailors, and family members to speak to "one of their own" available 24/7/365. DSTRESS Line counselors are non-medical licensed counselors who are veteran Marines, former FMF corpsmen, spouses, or other Corps family members, and licensed behavioral health counselors.



Chaplain Wade
252-466-7131
Cell: (318) 348-4380
After Hours: 252-229-7248

Chaplains are not generally licensed counselors, but they are prepared to help people with various life challenges. All such communications with a chaplain, chaplain assistant, or religious program specialist are known as "privileged communications." **These communications cannot be disclosed to anyone else** without the written consent of the person receiving counseling

Make an Appointment



Community Counseling Program (CCP)
252-466-3264

The CCP is the main portal of entry for Behavioral Health services aboard MCAS Cherry Point. The CCP offers walk in availability and phone screenings with the duty clinician during core hours of operation. Individual, couple, child/adolescent and family therapy for active duty, dependents retired military and sister services. CCP clinicians are **highly trained professionals**.



Ray, MFLC
(910) 750-1473

Completely confidential and private and do not maintain medical files, except for duty-to-warn situations. Provides non-medical short-term, situational problem-solving counseling to Service Members and their families related to the impact of military life. Services can be provided on or off military installations.



Families OverComing Under Stress
Kim Morris, LCSW
Resilience Trainer
252-466-7137

FOCUS helps military families stay strong and supportive of each other during stressful time **through resiliency training**. It teaches practical skills to help families overcome common challenges related to a parent's military service, to communicate and solve problems effectively, and to successfully set goals together and create a shared family story.

Referrals



Military One Source
1-800-342-9647
Referrals to **private, local counseling** for individuals, couples, families, and children with no cost to you for up to 12 sessions within 6 months.



TRICARE
877-874-2273

Mental health care services are available for you and your family during times of stress, depression, grief, anxiety and mental health crisis. *Active Duty must have a PCM referral, but Prime dependents do not require a PCM referral for the first 8 visits.* Marriage counseling is not a TRICARE-covered benefit. Cherry Point Appointment Line (252) 466-0921.

All services listed are: FREE, COMPLETELY CONFIDENTIAL, and provided by a licensed behavior health counselor unless otherwise noted.
For more information, contact Katie Walker, MWSS-27 Deployment Readiness Coordinator at (252) 720-3081 or katie.walker@usmc.mil