

Fleet & Family Support Program

COPING WITH COVID-19

INFORMATION & REFERRAL RESOURCES

YOUR NEXT STEPS

If you or your family are experiencing challenges, there is local, regional and national support to help.

Your Local FFSC:



WE ARE STILL OPEN.

Virtual services are available
Monday-Friday 7:30 am-4:30 pm
866-923-6478

Military Resources:

MILITARY ONESOURCE
800-342-9647
www.militaryonesource.mil



FOCUS
(Families OverComing Under Stress)
www.focusproject.org/covid19



More Sources of Help:



Visit us online at
WWW.NAVYLIFESW.COM



Download our mobile App:
MY NAVY FAMILY



DOD SAFE HELPLINE
Safehelpline.org
877-995-5247



CONSUMER FINANCIAL PROTECTION BUREAU (CFPB)
www.consumerfinance.gov
855-411-2372



NATIONAL SUICIDE PREVENTION LIFELINE
1-800-273-8255



CONNECT WITH A NAVY CHAPLAIN
855-NAVY-311
Text: navy11@navy.mil

COUNSELING @ HOME

For more information on COVID, please visit www.cdc.gov/covid19