

Resource	Name	Phone/e-mail
Unit Medical Lead (IDC, OMO, GMO, SMO)		
ISIC Medical Lead		
Deployed Resiliency Counselor		
Embedded Mental Health Provider		
MTF		
- Emergency Room		
- Mental Health Department		
Embedded Integrated Prevention Coordinator/Deployment Resiliency Educator		
Chaplain		
E-OSC Team Leader		
Suicide Prevention Coordinator		
Sexual Assault Prevention Response Victim Advocate		
Family Advocacy Program Coordinator		
Victim and Witness Assistance Program		
Staff Judge Advocate		
Drug and Alcohol Program Advisor		
Command Fitness Leader		
Fleet and Family Readiness Center		
Fleet and Family Support Center		
Military & Family Life Counselor		
Military OneSource		1-800-342-9647 / 988 opt. 1
Navy Marine Corps Relief Society		
VA Veteran Center		
Other:		
Other:		
Other:		
Other:		

COs should understand the resources available to your command and have contact information for the relevant POCs for each resource **before you need to call them**. Work with your ISIC or TYCOM to understand the laydown for your command.