

NSAMS AREA MENTAL HEALTH ROADMAP

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

LOW

1



CHAPLAINS

Command Chaplain: (858) 753-3358

- 100% confidential
- More than spiritual counseling
- No reporting requirement
- No referral needed
- No health record documentation

2



MILITARY & FAMILY LIFE COUNSELING

Contact:

MFLC Counselor (901) 336-2575
MFLC Counselor (901) 275-7881

- Non-medical (no safety concerns) counseling
- Minimal reporting requirements
- No referral needed or health record documentation



MILITARY ONESOURCE

Contact: (800) 342-9647
MilitaryOneSource.mil

- Non-medical counseling and life skills (financial, stress, coping skills, and individual/couples counseling)
- Minimal reporting requirements
- No referral needed or health record documentation

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FLEET & FAMILY SUPPORT CENTER

Information and Appointments: (901) 874-5075

- Non-medical counseling and life skills (financial, stress, coping skills, and individual/child/couples counseling)
- Minimal reporting requirements
- No referral needed or health record documentation

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PRIMARY CARE DOCTOR

Appointment Line: (901) 874-6100

- Places referrals to MTF/Network for therapy and/or military mental health evaluation for more serious conditions
- Some initial medication management
- Health record documentation

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OUTPATIENT MENTAL HEALTH, NMRTU MEMPHIS & BRANCH CLINIC

Appointments (via referral or command recommendation)

Behavioral Health: (901) 874-6133

- Acute safety screening, triage, and military duty determinations
- Brief treatment and/or referral to MTF/Network (individual, group, and medication management)
- May communicate with CO and other medical providers
- Health record documentation



EMERGENCY ROOM

- Not for routine access to care
- Danger to self, others, or gravely disabled
- Closest ER: Methodist North and Lakeside Behavioral Health
- Let your chain of command know so you may be escorted to and from

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DOWNLOAD THE
NAVY'S MENTAL
HEALTH PLAYBOOK



INDIVIDUAL LEVEL OF STRESS

HIGH