

Seeking help early and often prevents needing a higher level of care and impact to career. Most Sailors don't seek help because they want to fix things themselves, they worry about impact to their careers or security clearance or they fear gossip and embarrassment.

**Taking care of your mental health takes courage and it's a sign of strength!**

## Naval Submarine Base Kings Bay Counseling Resources

### Military OneSource

Counseling for family, financial, stress, and coping skills with no referral needed and no health record documentation.

**Contact Military OneSource:**  
800-342-9647 or live chat on  
[www.militaryonesource.mil](http://www.militaryonesource.mil)



### Command CHAPLAINS

Chaplains provide more than spiritual counseling – talking to your Chaplain is 100% confidential, with no reporting requirements and no health record documentation.

**POC for Sub Commands: 912-573-3960**  
**POC for Shore Commands: 912-573-4501**  
**POC for MCSFBn: 912-464-0645**



### Fleet and Family SUPPORT CENTER

Offers individual and couples life skills counseling, with no referral needed and no health record documentation.

**Contact your FFSC:**  
912-573-4222  
**Virtual Clinical Counseling**  
1-855-205-6749



### Independent Duty Corpsman/ General Medical Officer

IDCs and GMOs can place referrals to embedded mental health, MTFs, and network providers for serious conditions. They provide medical management for most mental health concerns and can communicate with CO and other providers.



### EMBEDDED MENTAL HEALTH

EMH can evaluate and treat mental health conditions with therapy and medication. EMH is authorized to determine fit for duty and to communicate diagnosis and plans with other providers and CO.

**Contact your EMH:**  
**POC for Sub Commands: 912-573-6664**  
**POC for Shore Commands: 912-573-4524**



### MILITARY TREATMENT FACILITIES

Provide inpatient psychiatry and emergency room services, group treatment, and comprehensive care; authorized to make military duty determinations and to communicate with other providers and CO.

**Schedule an appointment:**  
904-546-6351



### EMERGENCY ROOM

ERs are for life-threatening conditions; ie. the patient is a danger to self or others or has become gravely disabled.

911



### OTHER RESOURCES

Shore Side Embedded Mental Health has SARP-Substance Abuse Rehabilitation Program. You may also utilize Doctorondemand.com and telemynd.com for therapy options. Both are virtual options for Service Members but they must report to Chain of Command if Sub/Nuc/PRP and using this option.



Download  
the Navy's

**MENTAL  
HEALTH  
PLAYBOOK**