

TOOLS TO COPE WITH STRESS

Legal troubles are often very stressful, but there are a number of healthy ways to cope with this stress. Several resources are readily available to help you overcome the stress and uncertainty that you may be experiencing. We have listed some of the options below. Not all of the services that are available from the various sources provide you with confidentiality; however, if you are having difficulties dealing with stress or having thoughts of suicide, you need to seek help from a qualified individual right away.

National Suicide Prevention Lifeline (NSPL) is a nationwide network of crisis centers. If you are ever feeling desperate, alone, or hopeless, you can call the NSPL at **1-800-273-TALK (8255)**¹. NSPL is a free, confidential, 24-hour hotline available to anyone in suicidal crisis or emotional distress. <http://www.suicidepreventionlifeline.org/>

Outpatient Mental Health Clinic (646-7135/7147) provides licensed psychologists, psychiatrists, and social workers. In addition to you seeking services on your own initiative, if certain individuals, including members of your chain of command or me, believe that you are a danger to yourself, we can recommend to your commander that you be referred for a mental health evaluation.

DStress Line is available to active duty, Reserve, families, loved ones, and former Marines who are located in certain areas. The line provides counseling for any stress related issues including work, personal, relationship, financial, and family. It is available 24 hours a day, seven days a week and is staffed with former Marines. The service is free and confidential. **098-970-7734** or DSN **645-7734**.

Military One Source (MOS) provides telephonic, online and face to face counseling. MOS is provided by DoD at no cost to active duty, Reserve, and their families. The service is private and confidential; however, your identity must be verified for their internal records only. **1-800-342-9647**¹ <http://www.militaryonesource.com/MOS/About/CounselingServices.aspx>

Chaplains/Clergy have confidentiality and are trained to help you with the problems you are facing, including spiritual counseling. There is an absolute privilege for all information confided in a chaplain or clergy as a formal act of conscience or faith. The duty chaplain can be reached at **090-6861-4730**.

REMEMBER: You are a valuable person and a member of the Marine Corps Family and we are committed to providing you services and support during this stressful time. If you are having issues, please do not hesitate to ask for help. We can help you get in contact with a qualified counselor or you can seek help directly. If you have any questions concerning this information, please call us at 645-3075.

¹ Dialing a toll free number from a government landline is easy. Just start dialing with the 800 or 877. There is no need to dial any number before the 8.