



# NAVY-MARINE CORPS RELIEF SOCIETY

MAKING A DIFFERENCE FOR SAILORS, MARINES AND THEIR FAMILIES.


For over a century, NMCRS has provided financial, educational, and other assistance to active duty and retired members of the Navy and Marine Corps, and their eligible family members.


For more information on assistance and eligibility, visit our website  
**WWW.NMCRS.ORG**

## LOCATIONS:

ALBANY	CHARLESTON	JACKSONVILLE	NEW RIVER	ROTA
ANNAPOLIS	CHERRY POINT	KANEOHE BAY	NEWPORT	SAN ANTONIO
BAHRAIN	CHINA LAKE	KINGS BAY	NEWPORT NEWS	SAN DIEGO
BANGOR	CORPUS CHRISTI	LEMOORE	NORFOLK	SASEBO
BEAUFORT	DAHLGREN	LAKEHURST	NORTH ISLAND	SIGONELLA
BETHESDA	EVERETT	LITTLE CREEK	OCEANA	TWENTYNINE PALMS
BREMERTON	FALLON	MAYPORT	OKINAWA	VENTURA COUNTY
CAMP HANSEN	FORT WORTH	MCRD SAN DIEGO	PARRIS ISLAND	WASHINGTON NAVY
CAMP LEJEUNE	GREAT LAKES	MILLINGTON	PATUXENT RIVER	YARD
CAMP PENDLETON	GROTON	MIRAMAR	PEARL HARBOR	WHIDBEY ISLAND
NORTH	GUAM	MERIDIAN	PENSACOLA	YOKOSUKA
CAMP PENDLETON	GULFPORT	NAPLES	PORTSMOUTH	YUMA
SOUTH	IWAKUNI	NEW ORLEANS	QUANTICO	

## FOR MORE INFORMATION VISIT:

 [www.facebook.com/NMCRS](http://www.facebook.com/NMCRS)

 [www.instagram.com/nmcrs](http://www.instagram.com/nmcrs)

 [www.nmcrs.org](http://www.nmcrs.org)

## ADDRESS:

NMCRS Headquarters  
875 N. Randolph Street  
Suite 225  
Arlington, VA 22203  
(800) 654-8364

## HOW WE HELP:



### NMCRS OFFICES

Offices are located on Navy and Marine Corps installations worldwide and on ships. Find contact information, hours, and other details about the office near you at [nmcrs.org](http://nmcrs.org).



### FINANCIAL ASSISTANCE

From car repairs to unexpected bills, things happen in life. NMCRS is here to provide a judgment free, safe place to help our Sailors and Marines in a financial challenge.



### FINANCIAL EDUCATION

NMCRS helps clients understand their financial situation, prepare a budget, and gain awareness of available resources.



### QUICK ASSIST LOAN®

When an active duty client has urgent financial needs, NMCRS QALs may help. No appointment is needed, and an interest-free loan up to \$1,000 may be processed in 15 minutes.



### EMERGENCY TRAVEL

When a loved one is sick or dying, the Society helps with travel arrangements and financial assistance.



### DISASTER RELIEF

When natural disasters strike, NMCRS is there to provide help from base evacuations to clean up after the storm.



### VISITING NURSE PROGRAM

Our registered nurses provide health education for all stages of life via home and virtual visits. This includes prenatal, newborn, pediatric and adult health concerns for our eligible clients. Class offerings vary by site. Please contact your local NMCRS office for more information.



### BUDGET FOR BABY® WORKSHOP

Welcoming a new family member is exciting. To prepare for the changing financial situation a new baby has on a family, the Society offers free workshops to expectant parents. All eligible clients will receive a handcrafted blanket and gift card.



### EDUCATION ASSISTANCE

The NMCRS Education Assistance Program offers grants and interest free loans to children, under 23, and spouses of active duty, retired and deceased Sailors and Marines.



### THRIFT SHOPS / UNIFORM LOCKER

NMCRS offers thrift shops or uniform lockers at many of our locations. Clients save money on gently-used household items and clothing. Our uniform lockers offer uniforms exclusively to active duty members. Thrift shop merchandise, hours, and shopper eligibility may vary by location.



### VOLUNTEERING

Volunteers are the backbone of the Society. NMCRS offers a wide range of opportunities for volunteers to share and grow their skills and talents while giving back to the community.

Not all programs are available at every NMCRS location. Please check with your local office for program availability and eligibility.

The Navy-Marine Corps Relief Society is a 501(c)(3) nonprofit organization. It does not receive any federal funding.

Photo Credits: Petty Officer 1st Class Devin Langer, Cpl. Sarah Stegall and Pfc. Leslie Alcaraz



NAVY-MARINE CORPS  
RELIEF SOCIETY



[www.nmcrs.org](http://www.nmcrs.org)

### Appointment Information

#### What we provide:

- Interest-free loans and grants for emergencies
- Budget counseling and financial education
- Registered nurses who make home visits
- Budget for Baby workshops
- Thrift shops

#### Need help?

Oceana Office: (757) 433-3383  
Little Creek office: (757) 462-1596  
Norfolk Office: (757) 322-1171  
Portsmouth Office: (757) 953-5956  
After Hours: (877) 272-7337  
[www.nmcrs.org](http://www.nmcrs.org)

MAKING A DIFFERENCE FOR SAILORS, MARINES AND THEIR FAMILIES

**When you or your eligible family members require assistance:**

Call or visit your local NMCRS office. After hours, contact the American Red Cross at (877) 272-7337, the Air Force Aid Society, the Army Emergency Relief or the Coast Guard Mutual Aid Society and request Navy-Marine Corps Relief Society assistance.

**In an emergency, the Society can provide assistance for:**

- Food, rent and utilities
- Emergency travel expenses
- Visiting nurses
- Essential vehicle repairs
- Disaster relief assistance
- Funeral expenses

**When seeking assistance, remember to bring:**

- Your military / eligible family member's ID card
- Leave papers
- Leave and earnings statement
- Information about expenses
- Any other information which might be helpful to process your request for assistance

# DISASTER RELIEF

## NAVY-MARINE CORPS RELIEF SOCIETY



### Serving active duty and retired Sailors, Marines, and their families

#### We provide financial assistance for:

- Food, gas, temporary lodging
- Transportation
- Insurance deductibles and home repairs

#### Resulting from natural and/or personal disaster:

- Base evacuations
- Hurricanes and tornadoes
- Tropical storms, snow and ice
- Wildfires and floods
- Earthquakes
- Power Outages

#### What to do:

- Monitor your command's social media for location of evacuation services and guidance
- Contact the nearest NMCRS office
- Bring your military ID



[www.nmcrs.org/disasterrelief](http://www.nmcrs.org/disasterrelief)

**For more information, contact the nearest Navy-Marine Corps Relief Society office.**

The Navy-Marine Corps Relief Society is a non-profit charitable organization that provides financial assistance and education to active duty and retired members of the United States Navy and Marine Corps, their eligible family members and survivors.



NAVY-MARINE CORPS  
RELIEF SOCIETY

Local Office

Phone Number

# QUICK ASSIST LOANS<sup>®</sup>

FOR ACTIVE DUTY SAILORS  
AND MARINES

AVAILABLE TO MEET YOUR  
NEEDS UP TO \$1,000

INTEREST-FREE LOAN AVAILABLE IN AS LITTLE AS 15 MINUTES

To help active duty Sailors and Marines:

- Rent, Food, Utilities
- Transportation Costs
- Family Emergencies
- Dental or Medical expenses

You may be eligible to receive up to 5 QALs if you:

- Do not have any outstanding NMCRS loans
- Have not had an NMCRS loan converted to a grant in the last 6 months
- Have not had any disciplinary action in the last 6 months (or any pending action)

## A SAFE ALTERNATIVE TO HIGH-INTEREST LOANS

- Complete and print the Quick Assist Loan<sup>®</sup> application available online
- Visit the nearest NMCRS office
- Bring your completed application, active duty ID card, and most recent LES



ASSISTANCE IS ALSO AVAILABLE THROUGH YOUR LOCAL  
NAVY-MARINE CORPS RELIEF SOCIETY OFFICE FOR NEEDS  
ABOVE \$1,000

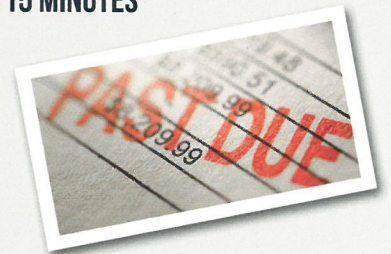
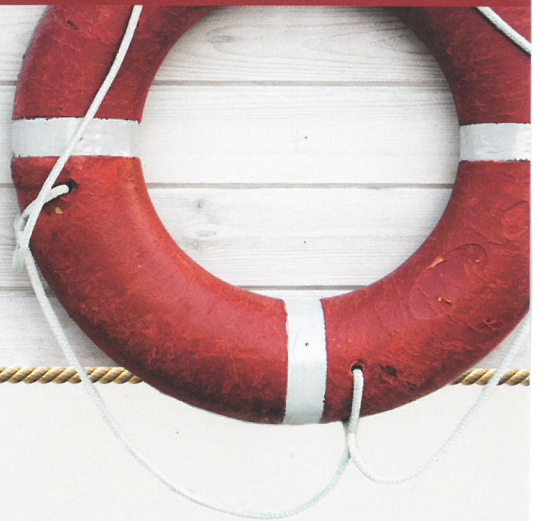
[WWW.NMCRS.ORG/QAL](http://WWW.NMCRS.ORG/QAL)

REV 5/16/2022



NAVY-MARINE CORPS  
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# WELLNESS ROADMAP

Feeling stressed and in need of help, but don't know where to start? We've got you!

## 1 CONVERSATIONS THAT MATTER

Meet, Call, Text or Message

- Reach out to trusted and close personal contacts.
  - Friends
  - Family
  - Peers
  - Deckplate Leadership



## 2 COMMAND RESOURCES

- Warrior Toughness
- Full Speed Ahead (FSA) 3.0 (Free App)
- Expanded Operation Stress Control (E-OSC). Team Leader in every command.
  - Peer-to-Peer Stress Control Program
  - Resilience Education & Training
  - Self Care/Buddy Care
  - Early recognition and mitigation of problems



## 3 CHAPLAINS

**1-855-NAVY (6289)-311**  
**Text 311**

- CREDO Programs
- Safe TALK/ASIST Programs
- ARSENAL – Warfighter Resiliency Program
- 100% confidential
- No reporting requirements
- No referral needed
- No health record documentation
- More than spiritual counseling



## 5 MILITARY ONESOURCE

**1-800-342-9647**  
**militaryonesource.mil**

- Military and Family Life Counseling
- No health record documentation
- No referral needed
- Life skills (i.e., financial, stress, and coping skills)
- Non-medical counseling off base



## 4 FLEET & FAMILY SUPPORT CENTER

### NAS OCEANA 757-433-2912

#### Counseling, Advocacy and Prevention Programs

- New Parent Support
- Individual and Couples Counseling
  - No referral needed
  - Non-medical counseling
  - No health record documentation
- Sailor Assistance & Intercept for Life (SAIL)
  - SAIL is an evidence-based approach to intervention that provides rapid assistance, ongoing risk assessment, care coordination and reintegration assistance for service members identified with a suicide-related behavior (SRB).

#### Work and Family Life Programs

- Life Skills
  - Mind Body Mental Fitness (6 Modules)
  - Parenting Classes
  - Building Healthy Relationships
  - Stress Management
  - Anger Management
- Financial Education and Counseling
- Deployment and Mobilization Support
- Transition Assistance Program
- Relocation Assistance Services
- Family Employment Services
- Exceptional Family Member Program
- Ombudsman Program



## 6 INDEPENDENT DUTY CORPSMAN/GENERAL MEDICAL OFFICER

- Places referrals to EMH/MTF/Network for more serious conditions or duty determinations
- Medical management for most mental health concerns
- Health record documentation
- May communicate with CO and other medical providers



## 7 EMBEDDED MENTAL HEALTH (EMH)

- Evaluate and treat mental health conditions with therapy and medications
- Fitness for duty determination
- Documents in health record
- Communicates diagnosis and plan with other providers and CO
- Provides training and command advisement



## 8 MILITARY TREATMENT FACILITIES (MTF)

**757-953-3933**

- Emergency Room (ER) and inpatient psychiatry services
- Group treatment, comprehensive care
- Military duty determinations
- Health record documentation
- May communicate with CO and other medical providers
- Individual therapy, inpatient and ER services



Make your wellness a priority. Be proactive in seeking support when life's stressors are getting in the way of your well-being. There is a wide range of resources to choose from. Classes on topics such as FFSC's "Mind Body Mental Fitness" give you the tools to better manage personal challenges. If you're in need of further support, counseling options are available. Taking care of your wellness is a sign of strength!

REVIEW THE BACK PAGE FOR MORE WELLNESS RESOURCES.

### EMERGENCY ROOM

- Severely injured
- Danger to self or others
- Not for routine access to care



LOW

INDIVIDUAL LEVEL OF STRESS

HIGH

 Call your healthcare provider if stress gets in the way of your daily activities for several days in a row.



# Information & Referral Resources



## Your Next Steps

If you or your family are experiencing challenges, there are a number of services locally, regionally and nationally to help you overcome those challenges.

### Your Local FFSC



Please contact your local Fleet and Family Support Center (FFSC) with any questions regarding wellness support and other programs/services that we provide.

#### HAMPTON ROADS, VA

Dam Neck 757-492-6342  
 Little Creek/Fort Story 757-462-7563  
 Newport News 757-688-6289  
 Norfolk 757-444-2102  
 Northwest 757-421-8770  
 Oceana 757-433-2912  
 Portsmouth 757-953-7801  
 Yorktown 757-887-4606

CT - New London 860-694-3383  
 IL - Great Lakes 847-688-3603, ext. 100  
 NH - Portsmouth 207-438-1835  
 NJ - Earle 732-866-2115  
 NY - Saratoga Springs 518-886-0200, ext. 146  
 RI - Newport 401-841-2283

### Connect With a Chaplain



**Mid-Atlantic Chaplain 24/7**  
 757-438-3822

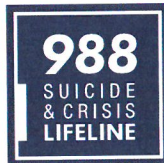
Chaplains offer 100% confidential care and counseling regardless of religious beliefs. Chaplains are not mandatory reporters, and their services are open to all military, military families and authorized civilians. Chaplains also offer personal, family and marriage retreats and workshops throughout the year.

### More For Federal & Military

#### More Sources of Help



**DoDSafeHelpline**  
[safehelpline.org](http://safehelpline.org) • 877-995-5247



**Call 988**  
 Available 24/7

**cfpb** Consumer Financial Protection Bureau  
[www.consumerfinance.gov](http://www.consumerfinance.gov)  
 1-855-411-2372



**MILITARY ONESOURCE**  
**Veterans/Military Crisis Line**  
 1-800-342-9647  
 or access online chat by texting 988

**Non-Appropriated Fund Employee Assistance Program**  
 Call ACEI at 800.932.0034 or email at [eapinfo@acispecialtybenefits.com](mailto:eapinfo@acispecialtybenefits.com)



**U.S. Department of Veteran Affairs**  
<https://www.va.gov/>  
 • Veterans Crisis Line Responder (24/7)  
 – Call 988, select 1  
 – Text 838255  
 – Get more resources at: [VeteransCrisisLine.net](http://VeteransCrisisLine.net)



**DON Civilian Employee Assistance Program**  
<https://magellanascead.com/>  
 or by phone 1-844-DONCEAP

[FFR.CNIC.Navy.mil/Family-Readiness/](http://FFR.CNIC.Navy.mil/Family-Readiness/)



[NavyLifeMA.com/FFSC](http://NavyLifeMA.com/FFSC)

