



FFSP COPING WITH COVID-19

INFORMATION AND REFERRAL RESOURCES

Your Next **STEPS**

If you or your family are experiencing challenges, there is local, region and national support to help.

YOUR LOCAL FFSC



WE ARE STILL OPEN.

Virtual services are available. View the FFSC Directory at https://www.cnic.navy.mil/ffr/family_readiness/fleet_and_family_support_program/FFSC.html.

MILITARY RESOURCES



MILITARY ONESOURCE
www.militaryonesource.mil
800-342-9647



FAMILIES OVERCOMING UNDER STRESS (FOCUS)
www.focusproject.org/covid19

MORE SOURCES OF HELP



WELCOME TO CNIC PORTAL
MyNavyFamily.com



MY NAVY FAMILY
Download the mobile app



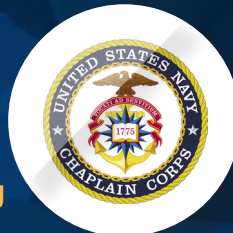
DOD SAFE HELPLINE
Safehelpline.org
877-995-5247



CONSUMER FINANCIAL PROTECTION BUREAU (CFPB)
www.consumerfinance.gov
855-411-2372



NATIONAL SUICIDE PREVENTION LIFELINE
suicidepreventionlifeline.org
1-800-273-8255



CONNECT WITH A NAVY CHAPLAIN
855-NAVY-311
Text: navy11@navy.mil