

MCAS Miramar Behavioral Health Resource Sheet

Counseling Resources



MCAS Miramar Community Counseling Program (858) 307-1129 Building 2274

Services available for active duty. Reserve service members and dependents eligible based on space available. Non-medical individual, couples, family, and child counseling sessions. Duty counselor available 0800-1400 M-F.



MCAS Miramar Family Advocacy Program (858) 307-6585 Building 2274

The Family Advocacy Program provides prevention, education, assessment and counseling services related to family violence prevention and intervention. Services available for active duty and dependents.



MCAS Miramar Substance Abuse Program (858) 307-1129 Building 2274

Prevention, education, screenings/assessments, and services for alcohol and/or illicit substance use and gambling. Services available for active duty, referrals provided for dependents.



Military One Source (800) 342-9647

Services available for **active duty, National Guard and Reserve Service Members and Dependents**; 12 in-person free, (EAP) non-medical counseling sessions (per issue). USCG EAP 855-247-8778. In-person or virtual: Evening and weekend hours are available.

Military Family Life Counselor (MFLC) (619) 272-1729 & (619) 394-8928

Services available for **active duty, Reservists** and their **Families**. 12 free in-person non-medical, confidential counseling sessions (per issue), on or off base. No records kept except mandated reporting and duty to warn. Evening and weekend hours are available.



Fleet and Family Support Center (866) 923-6478

Services available for **active duty, Dependents and Retirees**. 8 free sessions (per issue) offered at 7 locations around San Diego including: Naval Base San Diego, Naval Base Pt. Loma, Naval Base Coronado, Village at Serra Mesa, Gateway Village, and Bayview Hills Housing.



FOCUS (Families Overcoming Under Stress) (858) 307-1607

Provides in-person and virtual resilience services to service members and their families. FOCUS is designed for couples and families.



Veterans Administration – San Diego Mental Health Services (858) 642-3391

Provides individual and group counseling. Request a referral from your primary care doctor or go to the MAC "Walk-in Clinic" Monday-Friday 800-1600 for evaluation. After hours, weekends or holidays go to the Emergency Department at the VA Medical Center.

Transition Services



inTransition (800) 424-7877

inTransition is a free, confidential program that offers specialized coaching and assistance for active duty service members, National Guard members, reservists, veterans and retirees who need access to mental health care. Members are eligible when: relocating to another assignment, returning from deployment, transitioning from active duty to reserve component or reserve component to active duty, preparing to leave military service, or any other time they need a new mental health provider or need a provider for the first time.

Medical Resources



MCAS Miramar Branch Health Clinic (858) 307-4656 or (858) 307-9907 0730-1600 M-F
Make an appointment to see a medical provider. Request a referral for mental health services. If immediate medical attention is needed a duty Flight Surgeon is available from 0730-1530.



HEALTH NET Federal Services-TRICARE West Region (844) 866-9378
After a mental health referral is placed by your primary medical provider call or log in to your Tricare Portal to have your referral assigned to Tricare therapist or psychiatrist of your choice.



Tricare Nurse Advice Line 800-TRICARE (874-2273), Option 1
The Nurse Advice Line (NAL) is available 24/7 by phone, web chat, and video chat, at no cost to you. Talk to a registered nurse who can answer your urgent care questions, give you health care advice, help you find a doctor, or schedule next-day appointments at military hospitals and clinics.



Naval Medical Center San Diego (619) 532-6400
34800 Bob Wilson Drive San Diego, CA 92134
24/7 Level One emergency services.

Crisis Resources



Military & Veteran's Crisis Line (800) 273-TALK (8255) Press 1
24/7 support for active duty, reservists, veterans, and their families. Suicide prevention, crisis intervention, and military/community resources.



San Diego Mobile Crisis Response Teams (MCRT)
Call the San Diego Access and Crisis Line to request services (888) 724-7240.
The five MCRT teams serve the following San Diego Regions: Central, East, South, North Central, and North Inland and provide crisis services in the community. Teams are comprised of behavioral health professionals, case managers, and peer support specialists. MCRT provides: crisis triage, screening, assessment, crisis intervention and stabilization, and care coordination.



San Diego County Access & Crisis Line (888) 724-7240
24/7 - Access to mental health resources, community resources and crisis counselor support.



Sexual Assault Safe Helpline (877) 995-5247
24/7 support for active duty and their dependents 18+ and DoD civilian employees stationed outside the United States. 1:1 support, peer support, information, resources, and self-care tools.



MCAS Miramar 24/7 Advocate (858) 864-3408
24/7 advocate services for victims of intimate partner violence.