

BELLE CHASSE AREA MENTAL HEALTH ROADMAP

Stressed and want help but don't know where to start? We can help you!

LOW

1



CHAPLAINS

NAS JRB Chaplain: (504) 678-3525

- 100% confidential
- More than spiritual counseling
- No reporting requirement
- No referral needed
- No health record documentation

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MILITARY CRISIS LINE

Methods of contact:

Dial 988 then Press 1

Text 838255

Chat <https://www.veteranscrisisline.net/get-help-now/chat>

- Confidential
- 24/7, 365 days a year
- No referral needed
- No health record documentation



MILITARY ONESOURCE

Contact: (800) 342-9647

MilitaryOneSource.mil

- Non-medical counseling and life skills (financial, stress, coping skills, and individual/couples counseling)
- Minimal reporting requirements
- No referral need or health record documentation

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FLEET & FAMILY SUPPORT CENTER

Information and Appointments: (504) 678-7569

- Non-medical counseling and life skills (financial, stress, coping skills, and individual/child/couples counseling)
- Minimal reporting requirements
- No referral needed or health record documentation

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PRIMARY CARE DOCTOR OR FLIGHT SURGEON

Appointment Line: (504) 678-3660

- Places referrals to MTF/Network for therapy and/or military mental health evaluation for more serious conditions
- Some initial medication management
- Health record documentation

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OUTPATIENT BEHAVIORAL HEALTH

Appointments (via referral or command recommendation):

(504) 678-7933

(504) 678-7929

(504) 678-4538

- Acute safety screening, triage, and military duty determinations
- Brief treatment and/or referral to MTF/Network (individual, group, and medication management)
- May communicate with CO and other medical providers
- Health record documentation



EMERGENCY ROOM

- Not for routine access to care
- Danger to self, others, or gravely disabled
- Closest ER: Ochsner Westbank Emergency Room
- Let your chain of command know so you may be escorted to and from

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DOWNLOAD THE
NAVY'S MENTAL
HEALTH PLAYBOOK



INDIVIDUAL LEVEL OF STRESS

HIGH