



Marine Corps Base Quantico Combat Marine Counseling Resources

Military One Source: 1-800-342-9647
(6 Free counseling sessions in your area)

Military Family Life Consultant: 703-784-4220
(Little Hall- Non documented consultation)

Naval Health Clinic Mental Health: 703-784-1779
TriCare counseling: 8 sessions allowed without referral. TriCare
on line for further information

Family Advocacy: Anger/Stress management, Communication and
relationship workshops 703-784-4220

Web site information for Combat stress/PTSD

SgtGrit.com : Marine only chat room for PTSD- private posting
not open to public view

VA.Gov: PTSD education and information/ Resources for care

Tricare.mil: For Mental and Behavioral Health

PDHealth.mil: To Help Answer Deployment Health Question

PTSD.va.gov: United States Department of Veterans Affairs

Spouse support for troops who served in combat

Joyce Murphy MCFTB Coordinator 703-784-2687