

# Naval Hospital Oak Harbor Community Resource Guide

## Naval Hospital Oak Harbor

### Phone Numbers

- Information Desk (360) 257-9500
- Tricare Appointment Line: (800) 404-4506
- Referral Management: (360) 257-9571
  
- Dental Clinic: (360) 257-2301
- Deployment Health Center: (360) 257-9534
- Family Practice Clinic: (360) 257-9561  
(360) 257-5106
- Flight Medicine Clinic: (360) 257-9923
- Immunizations Clinic: (360) 257-9591
- Internal Medicine Clinic: (360) 257-9801
- Mental Health Clinic: (360) 257-9484
- OB/GYN Clinic: (360) 257-9761
- Occupation Medicine Clinic: (360) 257-9925
- Optometry Clinic: (360) 257-9788
- Orthopedics Clinic: (360) 257-9755
- Pediatrics Clinic: (360) 257-9782
- Preventive Medicine Clinic: (360) 257-5950
- Surgery Clinic: (360) 257-9801
- Urgent Care Clinic: (360) 257-9646
  
- Laboratory: (360) 267-9670
- Pharmacy: (360) 257-9707  
Automated refill line: (360) 257-9701/9705
- Radiology: (360) 257-9630
  
- Medical – Surgical Ward: (360) 257-9442/9548
- Labor and Delivery: (360) 257-9777

## Diabetes Education

### Phone Numbers

- NHOH Diabetes Clinic: (360) 257-9801

### Web Resources and Links

- [American Diabetes Association \(ADA\)](#)

## Drug and Alcohol Abuse

### Phone Numbers

- Substance Abuse Rehabilitation Program (SARP): (360) 257-2394

### **Web Resources and Links**

- [Military Pathways](#) - offers service personnel and their families the opportunity to take anonymous, alcohol use self-assessments online, via the phone, and through special events held at installations. The self-assessments are a brief series of questions that, when linked together, help create a picture of how an individual is feeling. To take a free, anonymous self-assessment, visit [Military Pathways](#) or call 1-877-877-3647.
- [Alcoholics Anonymous](#) – schedule of meetings on Whidbey Island
- [Al-Anon and Alateen](#) – schedule of meetings on Whidbey Island

## **Family Support Services**

### **Phone Numbers and Hotlines**

- American Red Cross: (360) 293-2911
- Child Protective Services: (866) 363-4276
- Citizens Against Domestic Violence and Sexual Assault: (360) 675-2232  
(800) 215-5669
- Domestic Violence: (360) 257-8894
- Education Services: (360) 257-6289
- Family Advocacy: (360) 257-3266
- Family Counseling: (360) 257-3266
- Fleet and Family Support: (360) 257-6289
- FOCUS: (360) 257-8044
  - Support for families of deployed service members
- Navy and Marine Corps Relief Society: (360) 257-2728
- Ombudsman Coordinator: (360) 257-1824
- Poison Control Center (800) 222-1222
- Sexual Assault – SAPR office: (360) 257-8893  
NASWI SAPR crisis line (360) 914-7867/7855/7834

### **Web Resources and Links**

- [Military One Source](#) - Consultants offer confidential support and practical solutions 24 hours a day, 7 days a week.
- [Operation Homefront](#) - Operation Homefront provides emergency financial and other assistance to the families of our service member and wounded warriors. A national, nonprofit 501(c)(3), Operation Homefront leads more than 4,500 volunteers in 23 chapters nationwide and has met more than 250,000 needs of military families.
- [Washington State Social and Health Services](#)

## **Health and Wellness Education**

### **Phone Numbers**

- NHOH Health Promotion: (360) 257-9892
- NHOH Childbirth Education: (360) 257-9899

### **Web Resources and Links**

- [Monthly Health Education Calendar](#) Click on the current month's Health Education Calendar to find which classes are being offered.
- [NHOH Health Promotion](#) Health promotion efforts are directed at individual health, fitness, and improvement in quality of life for military personnel, family members, retirees, and other government employees. Health education programs include: hypertension, tobacco use, inadequate physical fitness, excess weight or poor nutrition, irresponsible sexual practices, stress management, and avoidance of musculoskeletal injury.

## Maternal/Infant Resources

### Phone Numbers and Hotlines

- Fleet and Family Support: (360) 257-6289
- La Lech League of Whidbey Island: (360) 367-3562
- Maternity Support Services: (360) 257-8050
- New Parent Support: (360) 257-6779
- NHOH Lactation Consultant: (360) 257-9899
- Women, Infants, and Children (WIC) (Seaplane Base): (360) 257-8049

## Mental Health

### Phone Numbers and Hotlines

- NHOH Mental Health Department: (360) 257-9484
- NHOH Urgent Care Clinic: (360) 257-9646
- Chaplain Services: (360) 257-2414
- Fleet and Family Support Center: (360) 257-6289
- Mental Health Crisis Line for Island County: (800) 584-3578
- National Suicide Prevention Lifeline: (800) 273-8255
- Postpartum Support International of Washington: (888) 404-7763
- Teen Link: (866) 833-6546
- TriWest Mental Health Services: (888) 874-9378
- Veterans Crisis Line: (800) 273-8255 PRESS 1  
Text 838255

### Web Resources and Links

- [Defense Centers for Excellence Suicide Prevention](#) - It is important that service members, veterans, Guardsmen and Reservists and their families learn how to recognize stressors in order to help those around them who may be having difficulty. If you're looking for more information or resources, trained health professionals are available 24/7 at the [DCoE Outreach Center](#) by live chat, email or phone.
- [DoD/VA Suicide Outreach](#)
- [Military One Source](#) - Consultants offer confidential support and practical solutions 24 hours a day, 7 days a week.
- [Military Pathways®](#) offers service personnel and their families the opportunity to take anonymous, mental health and alcohol use self-assessments online, via the phone, and through special events held at installations. The self-assessments are a brief series of questions that, when linked together, help create a picture of how an individual is feeling.

- [Minding Your Mental Health](#) - This site includes publications about mental health and specific emotional well-being issues such as anger, depression, grief, and self-esteem. The information provided will help you make informed choices about your mental health.
- [Navy and Marine Corps Public Health Center's](#) – NMCPHC Suicide Prevention website
- [Speak Up When You're Down](#) - Postpartum depression is more than the baby blues, and it won't go away on its own. Help is available. Talking about how you feel is the first step. Speak up when you're down to find the treatment that's right for you.
- [U.S. Army Suicide Prevention](#)
- [U.S. Coast Guard Suicide Prevention Program](#)
- [U.S. Marine Corps Suicide Prevention](#)
- [U.S. Navy Suicide Prevention Program](#)
- [Veterans Crisis Line Website](#) - The Veterans Crisis Line connects Veterans in crisis and their families and friends with qualified, caring Department of Veterans Affairs responders through a confidential toll-free hotline, online chat, or text 24 hours a day, 7 days a week, 365 days a year.
- [Veto Violence](#) – Stop violence before it begins. Get support and resources for suicide prevention.

## Nutrition Education

### Phone Numbers

- NHOH Dietician: (360) 257-9590
- NHOH Lactation Consultant: (360) 257-9899
- La Lech League of Whidbey Island: (360) 367-3562
- Women, Infants, and Children (WIC) (Seaplane Base): (360) 257-8049

### Web Resources and Links

- [MyPlate](#) - is part of an overall FDA's food guidance system that emphasizes the need for a more individualized approach to improving diet and lifestyle.

## Peer Support

### Phone Numbers

- NHOH Stress Reduction - Weekly Mindfulness Group: (360) 257-9484  
email [amy.watts@med.navy.mil](mailto:amy.watts@med.navy.mil)
- NHOH Spouses Support Group: (360) 257-9484
- NHOH Tobacco Cessation Support: (360) 257-9892
- Whidbey General Hospital: (360) 678-5151  
Support group for cancer patients and their families can be found on the [Whidbey General Hospital](#) website

### Web Resources and Links

- [CancerCare](#) - CancerCare's online support groups connect you with others who are coping with similar issues and concerns. All groups are led by a CancerCare

professional oncology social worker, and are password-protected. Like all of CancerCare's services, participation in support groups is completely free of charge. A few of the groups offered are Breast Cancer, Men with Cancer Caregivers and Loved Ones, and Grief and Loss: a complete list can be found at the website.HOH

## **Tobacco Cessation**

### **Phone Numbers**

- NHOH Tobacco Cessation Clinic: (360) 257-9892
- Tricare Quit Line: (866) 244-6870
- Washington State Quit Line: (800) QUIT-NOW  
(800) 784-8669

### **Web Resources and Links**

- [National Alliance for Tobacco Cessation](#) - Re-learn life without cigarettes, a new way to think about quitting.
- [Quit Tobacco Make Everyone Proud](#) - The Ucanquit2 program offers an interactive, web-based tobacco cessation program for military personnel and their family members. Live, real-time encouragement from trained tobacco cessation coaches via the 24/7 "chat" feature is available.
- [Train2Quit](#) - is a customized online program, a step by step process to help you quit tobacco for good. You will learn to beat cravings, avoid triggers, and overcome weight gain.

## **Veterans' Resources**

### **Phone Numbers and Hotlines**

- Disabled Veterans (Seaplane Base): (360) 257-4801
- Island County Veterans Services: (360) 678-7805
- Oak Harbor Senior Service Center: (360) 279-4592
- Senior Services: (360) 678-4886  
(360) 615-0311
- Veterans Crisis Line: (800) 273-8255 PRESS 1  
Text 838255

### **Web Resources and Links**

- [US Department of Veterans Affairs](#)
- [Washington State Department of Veterans Affairs](#)

## **Wounded, Ill, and Injured Sailors and Marines**

### **Phone Numbers**

- NHOH Mental Health Clinic: (360) 257-9484

### **Web Resources and Links**

- [Military One Source](#) Consultants offer confidential support and practical solutions 24 hours a day, 7 days a week.
- [Military Pathways®](#) offers service personnel and their families the opportunity to take anonymous, mental health and alcohol use self-assessments online, via the phone, and through special events held at installations. The self-assessments are a brief series of questions that, when linked together, help create a picture of how an individual is feeling. To take a free, anonymous self-assessment, visit [Military Pathways](#) or call 1-877-877-3647.
- [Navy and Marine Corps Public Health Center's](#) (NMCPHC) provides support for the wounded, ill, and injured (WII) Sailors and Marines and their families, assisting them in developing and sustaining healthy behaviors in order to enhance readiness, resiliency, and recovery.
- [Returning from the War Zone:](#) The guide is for services members and their families contains information to help military family members understand what to expect during the reintegration following time in a war zone, and to help them adapt back to home life with their loved one.