



Naval Hospital Oak Harbor

Phone Listing and Community Resource Guide

Naval Hospital Oak Harbor

Phone Numbers

- Information Desk (360) 257-9500
- Tricare Appointment Line: (800) 404-4506
- Referral Management: (360) 257-9571/9572

- Dental Clinic: (360) 257-2302
- Deployment Health Center: (360) 257-9890/9949
- Family Medicine Clinic - Olympic:
Cascade: (360) 257-9561
(360) 257-5106
- Flight Medicine Clinic: (360) 257-9651/9400
- Immunizations Clinic: (360) 257-9591
- Mental Health Clinic: (360) 257-9484/9485
- 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) 257-9782/8996
- Physical Therapy: (360) 257-9695
- Preventive Medicine Clinic: (360) 257-5950
- Surgery Clinic: (360) 257-9801

- Laboratory: (360) 267-9677
- Pharmacy: (360) 257-9707/9706
- Automated refill line: (360) 257-9701/9705
- Radiology: (360) 257-9630

- Special Delivery Unit: (360) 257-9777
- Labor and Delivery: (360) 257-9777

- Medical Records: (360) 257-9526
- Medical Records – Active Duty: (360) 257-9528

Diabetes Education

Phone Numbers

- NHOH Diabetes Clinic: (360) 257-5106

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

- [after deployment](#) - 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 [after deployment](#).
- [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

NAS Whidbey Island

- 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) 257-8067
- Sexual Assault – SAPR office 24/7 on call advocate: (360) 914-7867

DoD SAFEHELPLINE 24/7 (360) 914-7855
(877) 995-5247

www.safehelpline.org

NASWI SARC (360) 257-8893
(360) 914-7834

NASWI Staff Advocate Office (360) 257-3265
(360) 257-2528

- American Red Cross: (360) 293-2911
- Child Protective Services: (360) 679-7150
- Citizens Against Domestic Violence and Sexual Assault: (360) 675-2232
(800) 215-5669
- Poison Control Center (800) 222-1222

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) 257-9436

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

- NHOH Lactation Consultant: (360) 257-9436
- Fleet and Family Support: (360) 257-6289
- Maternity Support Services: (360) 257-8049
- New Parent Support: (360) 257-6779
- Women, Infants, and Children (WIC) (Seaplane Base): (360) 257-8049
- La Leche League of Whidbey Island: (360) 679-3562
 - <http://www.llofwa.org/la-leche-league-whidbey-island>

Mental Health

Phone Numbers and Hotlines

- NHOH Mental Health Department: (360) 257-9484
- NASWI 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
- Veterans Crisis Line: (800) 273-8255 PRESS 1
Text 838255

Web Resources and Links

- [after deployment](#) - 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 [after deployment](#).

- [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.
- [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) 257-9436
- Women, Infants, and Children (WIC) (Seaplane Base): (360) 257-8049
- La Leche League of Whidbey Island: (360) 679-3562

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 Support Groups: (360) 257-9484
 - Men's Support Group
 - Women's Support Group
 - Deployment PTSD Support Group
 - Sexual Trauma PTSD Assault Group

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: (888) 713-4597
- Washington State Quit Line: (800) QUIT-NOW
(800) 784-8669

Web Resources and Links

- [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.
- [National Alliance for Tobacco Cessation](#) - Re-learn life without cigarettes, a new way to think about quitting.
- [Freedom from Smoking® Online](#) - program specifically designed for adults who want to quit smoking. It's an adaptation of the American Lung Association's gold standard, group clinic that has helped thousands of smokers to quit for good.

Veterans' Resources

Phone Numbers and Hotlines

- Disabled Veterans (Seaplane Base): (360) 257-4801
- Oak Harbor Senior Service Center: (360) 279-4580
- Island County Veterans Services: (360) 678-7805
- Senior Services of Island County: (360) 321-1600
- 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](#)
- [Disabled American Veterans \(DAV\)](#)

Wounded, Ill, and Injured Sailors and Marines

Phone Numbers

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

Web Resources and Links

- [after deployment](#) - 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 [after deployment](#).
- [Military One Source](#) Consultants offer confidential support and practical solutions 24 hours a day, 7 days a week.
- [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.