



# It's good to reach out for help.

**Military  
Crisis Line**



1-800-273-8255  
**PRESS 1**



800-342-9647



Most reactions to stress are normal and temporary. However, prolonged and intense stress may be slower to improve and address if not taken care of properly. Help is available. Talk to Medical, Chaplains, Mental Health, Fleet and Family Support Centers, Marine Corps Community Counseling Centers or Military OneSource. Learn more on successfully navigating stress: [www.med.navy.mil/sites/nmcphc/health-promotion/psychological-emotional-wellbeing](http://www.med.navy.mil/sites/nmcphc/health-promotion/psychological-emotional-wellbeing).



**NAVY AND MARINE CORPS  
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