



# HEALTH AND WELLNESS RESOURCES FOR NAVY RESERVISTS



Sailors in the Navy Reserve are essential to the Total Force. Reservists are unique in that they are integrated into the civilian environment. Due to their dispersed nature and their unique positions, they may not have easy access to centralized military health and wellness support and resources like their active duty counterparts. To help Reservists and their families, the Navy and Marine Corps Public Health Center (NMCPHC) compiled a list of readily available health promotion and wellness resources for Navy Reservists. The resources and programs listed below are either specifically targeted to Navy Reservists or are easily accessible and valuable for Reservists living within a civilian community.

## Navy and DoD Programs and Services

### Fleet and Family Support Program

<https://www.navyreserve.navy.mil/Pages/fleet-and-family-support-center-services.aspx>

Fleet and Family Support Program (FFSP) offers a variety of readiness and deployment services to Reservists and their families, including personal and family wellness education and wellness counseling. There are 81 sites worldwide. Reservists can contact their closest FFSP Regional Office Program directly for more resources in their area.

### Military Crisis Line

<https://www.veteranscrisisline.net/ActiveDuty.aspx> or call 1-800-273-8255 and press "1" or text 838255

Military Crisis Line is a free and confidential service available to any service member, including Navy Reservists, to help individuals in crisis. Reservists can contact the Military Crisis Line via online chat, phone, or text to speak with a qualified responder about any concern, including chronic pain, anxiety, depression, sleeplessness, and anger.

### Military OneSource

<http://www.militaryonesource.mil/> or call 800-342-9647

Military OneSource is a DoD-funded program that provides service members and their families comprehensive information, resources, and services to help navigate military life. Military OneSource offers a breadth of information, including health promotion and wellness resources and support. Specific Military OneSource links that focus on health and wellness resources readily available and accessible online are listed below.

- ▶ The Health and Wellness Web page (<http://www.militaryonesource.mil/health-and-wellness>) is the landing page for health and wellness resources and directs users to relevant information and articles.
- ▶ The Health and Wellness Coaching Web page ([http://www.militaryonesource.mil/confidential-help/specialty-consultation?content\\_id=282885](http://www.militaryonesource.mil/confidential-help/specialty-consultation?content_id=282885)) provides instructions for using the free Military OneSource health and wellness coaching available through telephone, online, or video chat. This service is offered to all military and their family members, including Navy Reservists.
- ▶ The Prevention and Care Web page (<http://www.militaryonesource.mil/health-and-wellness/prevention-care>) offers a variety of information and resources across several health topics including finding support, addictive behaviors, safety and health, suicide, and domestic abuse.

### NMCPHC Navy Reserve Web page

<http://www.med.navy.mil/sites/nmcpHC/health-promotion/Pages/navy-reserve.aspx>

The NMCPHC Navy Reserve Web page provides general health promotion and wellness resources and resources specific to Navy Reservists, including information about health promotion training and the Health Risk Assessment.

*U.S. Navy photo by Mass Communication Specialist 1st Class Kyle Steckler*

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PREVENTION AND PROTECTION START HERE

# Health and Wellness Resources for Navy Reservists

## Navy 311

<http://www.public.navy.mil/spawar/peoeis/navy311/Pages/home.html> or 1-855-NAVY-311 (1-855-628-9311) or text by addressing your message to [Navy311@navy.mil](mailto:Navy311@navy.mil) in the "to" field of your text.

Navy 311 is the new name for the Customer Relationship Management component of the Navy's Distant Support capability. It is available to help Sailors, including Reservists, get information about anything pertaining to their life as a service member, including health and wellness resources, medical support, wellness facilities, or health care programs in their area.

## Navy Reserve Chaplains

<https://www.navyreserve.navy.mil/Pages/chaplain-services.aspx>

The Navy Reserve Chaplain Corps consists of over 200 commissioned officers from the Reserve in various faith groups. Reservists can contact a chaplain for confidential spiritual wellness support. Many units may have a chaplain dedicated to their unit. If your unit doesn't have a chaplain, contact Navy311 to locate one.

## Operation Live Well

<http://www.health.mil/Military-Health-Topics/Operation-Live-Well>

Operation Live Well is a DoD initiative to improve the health and wellness of the entire defense community. The site offers a compilation of information, resources, and tools that are useful for Reservists interested in learning more health topics such as integrative wellness, mental wellness, nutrition, physical activity, sleep, and tobacco-free living.

## Psychological Health Outreach Program (PHOP)

<https://www.navyreserve.navy.mil/Pages/PHOP.aspx>

The Psychological Health Outreach Program is designed to assist Navy Reservists returning from deployment to ensure they have access to appropriate psychological and health care services.

## Real Warriors Campaign

<http://www.realwarriors.net/>

The Real Warriors Campaign of the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury (DCoE) encourages help-seeking behaviors among military members including Reservists, veterans, and their families. Navy Reservists can access the information and articles available on the site, live chat with a trained psychological health resources consultant online at <http://www.realwarriors.net/livechat>, or call the DCoE Outreach Center at 866-966-1020.

## Reserve Component Resource Center

<http://www.pdhealth.mil/reservist/personnel.asp#ngrshss>

The Reserve Component Resource Center hosted through the Deployment Health Clinical Center directs Reservists to additional information and useful links related to health care and deployment stress.

## UCanQuit2.org

<https://www.ucanquit2.org/>

UCanQuit2.org is a DoD-sponsored educational campaign for tobacco cessation. For Navy Reservists interested in quitting tobacco, UCanQuit2.org provides access to useful resources and information for quitting, including guidance for developing a personalized plan to quit and free 24/7 live online chat support with a tobacco cessation coach.

## Federal or Non-Profit Organizations

### HealthFinder.gov

<http://healthfinder.gov/FindServices/SearchOrgType.aspx?OrgTypeID=8>

HealthFinder.gov is a government site that Reservists can use to find health information and resources in their community. The resources in the database are not all military-specific, but may include community programs targeted to service members and their families.

### Network of Care

<http://networkofcare.org/splash.aspx>

For Reservists located in California, Colorado, Hawaii, Maryland, Nebraska, New Mexico, Pennsylvania, Tennessee, Texas, and Washington, the Network of Care site provides a searchable online tool to discover health and wellness resources in their community.