



Resources for Counseling Services

Camp Lejeune CCP:
910.451.2864
New River CCP:
910.449.6110
Cherry Point CCP:
252.466.3264
Beaufort CCP:
843.228.6126



Inside the Crosshairs

Keep Calm its PCS Season

PCS season is upon us. Whether you are **single** or have a **family** it can be a **very stressful process**. The checking out process, moving to a new city, state, country, researching school districts, housing, finance changes, new unit, new people, the list of **challenges seems never ending**.

Remember **you are not alone** during this time and have **resources available to support you and your family**.

- The Relocation Assistance Program-MCCS
- PCS Workshops-MCCS
- Chaplain
- Community Counseling Center
- FRO
- Suicide Prevention Hotline: Call 24/7 1-800-273-8255

Protect Our Own



Force Preservation II MEF, G-10, Newsletter

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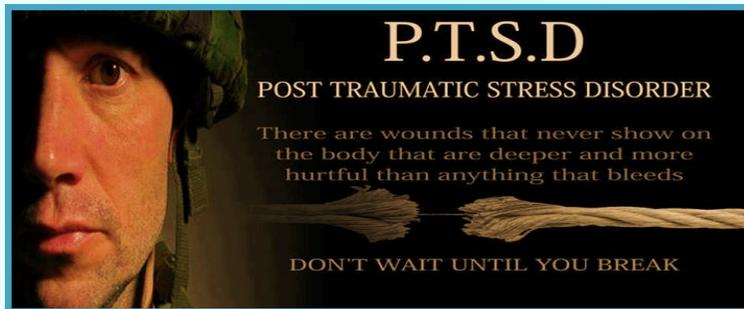
PTSD Awareness Month

Starting in 2010, Congress named June 27th Posttraumatic Stress Disorder (PTSD) Awareness Day. In 2013, the Senate designated the full month of June for National PTSD Awareness. The purpose of PTSD Awareness Month is to encourage everyone to raise public awareness of PTSD and its effective treatments. We can all help those affected by PTSD.

PTSD can occur after you have been through a **trauma**, such as combat, an accident, abuse, natural disaster, etc. During this type of event, you think that your life or others' lives are in danger. **Going through trauma is not rare**. About **6 of every 10** (or 60%) of men and **5 of every 10** (or 50%) of women experience at least one trauma in their lives. It is important to remember, what may be a traumatic event for one person, may not be traumatic for another, **everyone has a different definition of trauma**.

About **7 or 8 out of every 100 people** in the U.S. (7-8% of the population) will have PTSD at some point in their lives.

About **11-20 out of every 100 Veterans** (11-20%) who served in OIF or OEF have PTSD in a given year.



National Safety Month: Prescription Painkiller Abuse

Prescription painkiller abuse is the **fastest growing drug problem** in the United States and has been classified as an **epidemic** by U.S. Centers for Disease Control and Prevention (CDC). The number of **prescription overdose deaths** is **now greater** than deaths from **heroin and cocaine overdoses** combined.

Turn in your unused and/or expired prescriptions or over the counter medication at the Provost Marshal's Office (PMO), Bldg. 3, Camp Lejeune, available 24 hours/7 days a week. The purpose of this program is to provide safe, convenient, and responsible means of **anonymously disposing** of any unneeded, expired, or unwanted prescription drugs.