



Wellness Resources

Base Resources

- **Chaplains** – On-site – individual duty phones; continued availability 24/7
- **MFLCs** – individual duty phone numbers– authorized to offer virtual counseling; call individual MFLC duty phone for details
- **DON Civilian Employee Assistance Program (CEAP) 24/7:** 1-844-DON-CEAP/1-844-366-2327
- **Veteran’s Crisis Line** – 800-273-8255
- **DSTRESS Line** – 877-476-7734
- **Military One Source** - militaryonesource.mil; 800-342-9647
- **Updates on Available MCCS Wellness Resources for Marines/Families:**
- MCB Camp Lejeune – <http://www.mccslejeune-newriver.com/>
- MCAS Chery Point Services – <https://mccscherrypoint.com/>
- MCAS Beaufort – <http://www.mccs-sc.com/index.shtml>
- HQMC-<https://www.marines.mil/Coronavirus/>

Other Social Services Resources

- **Urgent Child Care** Options available for infants up to age 12 via NC Dept of Public Instruction: (888) 600-1685
- **NC Mental Health resources**
 - Hope4NC Helpline (855)-587-3463 connects North Carolinians to additional mental health and resilience supports that help them cope and build resilience during times of crisis
- **Onslow County Social Services – 910-455-4145**
 - Some services conducted curbside (call for more information)
 - Report child or elder abuse: **910-219-1955**
 - Economic services can be applied for online
- **Onslow County Court System – 910-478-3600**
 - **NCCOURTS.GOV**
- **Onslow County Health Department – 910-347-2154**
 - TT - WIC 910-353-0022; TT2 Breastfeeding Counselor 910-937-1485
 - Care management visits conducted virtually
 - Limited appointments for:
 - Child Health
 - WIC
- **Carteret County Health Department – 252-728-8550**
- **Craven County Health Department – 252-636-4920**
- **Beaufort County Health Department – 843-525-7615**
- **Eastern North Carolina – Mobile Crisis Services**
 - **RHA East – 1-844-709-4097**
 - **Integrated Family Service – 1-866-437-1821**