

Table of Resources

Operational Stress Control and Readiness (OSCAR)

READY

REACTING

INJURED

ILL

Good to Go

Temporarily Reacting

More Persistent or Injured

Diagnosable Illness

The Stress Continuum Know It. Use It.

The Stress Continuum is a tool for recognizing where we are in response to stress and helps us understand what actions may be needed.

<p>DCoE: Defense Centers of Excellence</p> <p>Defense Centers of Excellence provides multiple layers of support for psychological health and traumatic brain injury. www.dcoe.health.mil/24-7help.aspx www.realwarriors.net 866-966-1020</p>			<p>OSCAR Mentors</p> <p>Identify, support, and advise Marines with stress reactions.</p>			<p>Chain of Command</p> <p>Ensures Marines and families receive the help they require.</p>			<p>FRO: Family Readiness Officer</p> <p>Family Readiness Officer is the contact for all family readiness issues, MCCS programs, events, and resources.</p>			<p>DCoE: Defense Centers of Excellence</p> <p>Defense Centers of Excellence provides multiple layers of support for psychological health and traumatic brain injury. www.dcoe.health.mil/24-7help.aspx www.realwarriors.net 866-966-1020</p>																	
<p>OSCAR Extenders</p> <p>Provide medical or Chaplain services.</p>			<p>MCCS Marine & Family Services Center</p> <p>Links families to available programs, services and information. www.mccscp.com/home/Family-Services/marine_family_services_home.aspx 1-800-253-1624</p>			<p>Veterans Affairs</p> <p>Mental health services to active duty Marines and their families in some areas. HOTLINE: 1-800-273-8255 +1 General: 202-461-6083</p>			<p>FOCUS: Families Overcoming Under Stress</p> <p>Offers resiliency training to military children and families. www.focusproject.org 310-794-2482</p>			<p>OSCAR Mentors</p> <p>Identify, support, and advise Marines with stress reactions.</p>			<p>OSCAR Extenders</p> <p>Provide medical or Chaplain services.</p>														
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<p>OSCAR Extenders</p> <p>Provide medical or Chaplain services.</p>			<p>Military OneSource</p> <p>Short-term, non-medical counseling to active duty, Guard, and Reserve members and their families. www.militaryonesource.com HOTLINE: 800-273-TALK General: 800-342-9647</p>			<p>Marine Corps Family Teambuilding</p> <p>Provides resources and briefings related to pre-, during, and post-deployment. www.usmc-mccs.org/deploy</p>			<p>American Red Cross</p> <p>Counseling, information, referrals to medical professionals, family support groups, and other social services. www.redcross.org 202-303-5000</p>			<p>Veterans Affairs</p> <p>Mental health services to active duty Marines and their families in some areas. HOTLINE: 1-800-273-8255 +1 General: 202-461-6083</p>			<p>Navy Medicine Facilities</p> <p>54 facilities nationwide. Each unit will receive support from an assigned facility, mainly found on installations. www.tricare.mil/mtf</p>			<p>American Red Cross</p> <p>Counseling, information, referrals to medical professionals, family support groups, and other social services. www.redcross.org 202-303-5000</p>			<p>DSTRESS</p> <p>Anonymous Marine-experienced counselors with a MCCS-based web resource directory. www.dstressline.com 1-877-476-7734</p>								
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Key of Services

- Counseling
- Medical Screening
- Unit Resource
- Diagnosis or Referrals
- Services/Resources for Friends and Family Support

Additional Local Resources