

# Table of Resources

## Operational Stress Control and Readiness (OSCAR)



### 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.

**OSCAR Mentors**

Identify, support, and advise Marines with stress reactions.

**OSCAR Extenders**

Provide medical or Chaplain services.

**Chain of Command**

Ensures Marines and families receive the help they require.

**FRO: Family Readiness Officer**

Family Readiness Officer is the contact for all family readiness issues, MCCS programs, events, and resources.

**SACO: Substance Abuse Control Officer**

Substance Abuse Control Officer oversees the drug and alcohol prevention program; command self-referral agent.

**OSCAR Mental Health Professionals**

Mental health diagnosis and treatment.

**Navy Medicine Facilities**

54 facilities nationwide. Each unit will receive support from an assigned facility, mainly found on installations  
[www.tricare.mil/mtf](http://www.tricare.mil/mtf)

**TRIAIP: TRICARE Assistance Program**

Provides limited confidential web-based short term counseling  
<http://www.tricare.mil/mybenefit/home/overview/SpecialPrograms/TRICAREAssistanceProgram>

**Veterans Affairs**

Mental health services to active duty Marines and their families in some areas.  
[www.vetcenter.va.gov](http://www.vetcenter.va.gov)  
**HOTLINE: 800-273-8255 +1**  
**General: 202-461-6083**

**MCCS Marine and Family Services Center**

Links families to available programs, services and information.  
[www.mccscp.com/home/Family-Services/marine\\_family\\_services\\_home.aspx](http://www.mccscp.com/home/Family-Services/marine_family_services_home.aspx)  
**1-800-253-1624**

**FOCUS: Families OverComing Under Stress**

Offers resiliency training to military children and families.  
[www.focusproject.org](http://www.focusproject.org)  
**310-794-2482**

**USMC Wounded Warrior Regiment**

Non-medical care to combat and non-combat wounded/injured/ill Marines, Sailors and their family members  
[www.woundedwarriorregiment.org](http://www.woundedwarriorregiment.org)  
**1-877-4USMCWW**

**Military OneSource**

Short-term, non-medical counseling to active duty, Guard, and Reserve members and their families.  
[www.militaryonesource.com](http://www.militaryonesource.com)  
**HOTLINE: 800-273-TALK**  
**General: 800-342-9647**

**COSC**

All policies and programs to prevent, identify, and holistically treat mental injuries caused by combat or other operations.  
[www.manpower.usmc.mil/cosc](http://www.manpower.usmc.mil/cosc)  
**703-432-9563**

**Behavioral Health Information Network**

Free educational tools and products on behavioral health prevention.  
<http://bh.in.usmc-mccs.org>

**Leaders Guide for Managing Marines in Distress**

Guidance and tools to leaders on what to look for, what to do, and specific resources for helping Marines who are in distress.  
[www.usmc-mccs.org/LeadersGuide/index.htm](http://www.usmc-mccs.org/LeadersGuide/index.htm)

**DCoE: Defense Centers of Excellence**

Defense Centers of Excellence provides multiple layers of support for psychological health and traumatic brain injury.  
[www.dcoe.health.mil/24-7help.aspx](http://www.dcoe.health.mil/24-7help.aspx)  
[www.realwarriors.net](http://www.realwarriors.net)  
**866-966-1020**

**Marine Corps Family Team Building**

Provides resources and briefings related to pre-, during, and post-deployment.  
[www.usmc-mccs.org/deploy](http://www.usmc-mccs.org/deploy)

**DSTRESS**

Anonymous Marine-experienced counselors with a MCCS-based web resource directory.  
[www.dstressline.com](http://www.dstressline.com)  
**1-877-476-7734**

**American Red Cross**

Counseling, information, medical referrals, family support groups, and other social services.  
[www.redcross.org](http://www.redcross.org)  
**202-303-5000**

#### Key of Services

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

# Local Resources

## Operational Stress Control and Readiness (OSCAR)

**READY**

*Good to Go*

**REACTING**

*Temporarily Reacting*

**INJURED**

*More Persistent or Injured*

**ILL**

*Diagnosable Illness*
