

MENTAL HEALTH RESOURCES

MFLC:

Base	Type of Support	Counselor / Phone
Naval Station Norfolk	Embedded MFLC	757-840-0580
Naval Station Norfolk	Embedded MFLC	757-807-0617
Naval Air Station Jacksonville	Child Development Center	904-510-4815
Naval Air Station Jacksonville	Fleet and Family Center	904-542-5745
Naval Station Mayport	General MFLC	904-524-0880
San Diego – Tulsa-215	Embedded MFLC	760-382-4225
San Diego – Tulsa-217	Embedded MFLC	760-382-4225
All Locations / Universal	Military OneSource	800-342-9647

**NMRTCP
OMFLS**

usn.hampton-roads.nmrtp-portsmouth-va.list.nmcp-ofmls@health.mil

Office – Mon-Fri 0800-1600 (Except Federal Holidays) – 757-953-5338

Cellphone Call/Txt:

Primary – 24/7 Duty - 757-798-3477
Secondary – IDC/DLCPO – 757-979-5528

Some local NORFOLK resources attached, but more generally useful: Tricare authorized virtual resources for anybody with Tricare

- Dr. On Demand - <https://doctorondemand.com/microsite/tricare-east/>
- Telemynd - <https://www.telemynd.com/tricare>
- Talkspace - <https://www.talkspace.com/coverage/insurance/tricare>

- FFSC virtual Counselling services <https://ffr.cnic.navy.mil/Family-Readiness/Fleet-And-Family-Support-Program/Counseling-Advocacy-and-Prevention/Clinical-Counseling/>

Contact information for the Military & Family Life Counseling (MFLC) program at MacDill AFB in FL – likely closest for Tampa, FL

Phone:

- 813-816-3061 813-210-7822

Email:

- petersk@magellanfederal.com
- mainridgea@magellanfederal.com

NONCLINICAL Mental Health Support / Counseling

- **Military OneSource:**

- Offers virtual counseling options & chat options
- Call: 703-253-7599 or follow the link below
- https://www.militaryonesource.mil/health-wellness/mental-health/military-counseling-for-stress/?gad_source=1&gad_campaignid=22644026540&gclid=EAIaIQobChMI2bKhZ7bxjwMVgEt_AB1h0DPGEAAYASAAEgJhvvd_BwE

- **Fleet and Family Support Centers:**

- Virtual Clinical Counseling is a nonmedical, clinical short-term solution-focused service.
- Call +1-855-205-6749 or go to www.ffsp.navy.mil

My Navy Family Webinars



www.MyNavyFamily.com

Virtual Work & Family Life Program



1:1 Consultation Booking request:

<https://outlook.office365.com/book/VirtualWorkandFamilyLife11ConsultationBookingPage@zeiders.com/?ismsaljsauthenabed=true>

- **Military and Family Life Counselors:**

- Free, confidential, non-medical counseling to service members and their families.
- Addressing issues like deployment stress, relationship problems, and relocation, helping build coping skills and resilience without impacting military careers.

CENTCOM MFLC Roster MAR 2026

	US Phone Number	Signal/ WhatsApp
Kenyotta Hannah	571-220-0554	971-058-0667
Lafils Rivers	571-977-8777	973-3344-2706
Mina Vassey	571-752-3822	973-3985-0747
Yvette Watts – CYB	571-723-0135	973-3231-7110
L'Oreal Cherry - elementary	571-430-9955	973-3872-5587
Sam Wegman- middle/ high school	571-723-0139	Sam.wegman@leidos.com
Leigha Menefee	571-490-5442	972-6668-3868
Blake Spiegelberg	571-905-1518	974-5177-0236

- **Chaplain Services:** WhatsApp capable duty phone; (+973-3947-9681)

- NSA BAHRAIN YouTube:
- <https://www.youtube.com/@NSABAHRAINBASECHAPEL>
- Pastoral Counseling (QR code for requests) or contact:
 - LCDR Dominic J. Mirinda +973-3997-3383
 - LT Michael Sparrow +1-319-431-4977
 - LT Father Anthony Davis +1-618-920-7159



- **Central Command Veteran's Crisis Line:**

- Links distressed individuals to real people specially trained to help them through any challenge
- +1-855-422-7719 or (CONUS) 988; then press 1

MEDICAL Mental Health Counseling & Support:

• **Embedded Mental Health:**

- If you know you have embedded mental health resources, feel free to reach out to your provider for fastest access to care:
- **ISA-** WhatsApp -capable Duty Phone: +973-3947-8057
- **CNSG-C-** (see QR Code; numbers are at bottom of page)
- **CTF 56-** consult with embedded medical to schedule appointment



CNSG-C QR Code

• **NMRTU Bahrain Mental Health Clinic:**

- **Virtual Triage Clinic:** If you are wanting to be seen, but don't know where to start, send an email via the mental health distro: usn.bahrain.usnmrtu-bahrain.list.bhduty@health.mil. You will receive a response requesting background information, and a link to complete BHDP (clinical screening questionnaires) so that we can best coordinate care.
 - Routine Triage Appointments available 0800-1500 CET/CEST Monday-Friday
- **If you would like to schedule an appointment**, please either secure message your provider through the MHS Genesis Patient Portal, or send an email via the mental health distro: usn.bahrain.usnmrtu-bahrain.list.bhduty@health.mil .
 - Note: We cannot ensure HIPAA compliance via email, so please use the secure message feature through MHS Genesis Patient Portal if that is a concern for you and if agreeing to correspond through the MH email distro either encrypt your message and/ or only include information relevant to scheduling care.
- **If you have an appointment scheduled**, you can expect to be contacted via the email or phone number associated with your MHS Genesis appointment. If you are unavailable, or our providers are experiencing a temporary disruption to their ability to provide services, you will be sent a secure message to facilitate rescheduling the appointment at your convenience.
- **Medication management is also still available.** Please contact your mental health medication prescriber via MHS Genesis Patient Portal Secure Messaging and they will direct you to the appropriate location for medication pick-up.

• **TRICARE Information**

- If you were recently displaced from an overseas duty station or your home abroad, you're still covered by TRICARE. This displacement counts as a qualifying life event, which opens a 90-day window for you to update your TRICARE region or make enrollment changes.
- **Tricare East:** +1-800-444-5445
- **Tricare West:** +1-888-874-9378
- **For Bahrain:**
 - Customer Service Regional Direct +(44)20-8762-8384
 - Customer Service Toll Free is 80004724
- **For Europe:**
 - Customer Service Regional Direct +(44)20-8762-8384
 - Medical assistance number +(44)20-8762-8133.
- **If you need routine care:**
 - Call International SOS at 877-451-8659 before getting care or making payments.
 - International SOS will help connect you with a provider.

Are You a Displaced TRICARE Beneficiary?

Here's how to access your health care



If you were recently displaced from an overseas duty station or your home abroad, you're still covered by TRICARE. This displacement counts as a qualifying life event, which opens a 90-day window for you to update your TRICARE region or make enrollment changes.

Emergency Care

Emergency care means care for an illness or injury that threatens your life, limb, sight, or safety. If you reasonably believe you have an emergency, always call 911 or your international emergency number. Or, go to the nearest emergency room.

Urgent Care

If you need urgent care:

- Call the Military Health System Nurse Advice Line 800-TRICARE (874-2273), option 1.
- Visit a TRICARE-authorized provider. You can find a provider at tricare.mil/networkproviders.
- Get care at a military hospital or clinic which offers urgent care services. You can find a military hospital or clinic at tricare.mil/mtf.

Routine Care

If you need routine care:

- Call International SOS at 877-451-8659 before getting care or making payments.
- International SOS will help connect you with a provider.

Your QLE: What you need to do if you're staying for longer than 90 days

Step 1 — Update DEERS

Go to the TRICARE DEERS webpage (tricare.mil/deers) and update your address. This registers your QLE. Your 90-day enrollment window begins on the date of your displacement.

Step 2 — Choose Your Enrollment Option

- **Temporary or unsure:** Stay enrolled with International SOS. You will be treated as a transient. International SOS will coordinate all care, including connecting you with Humana Military or TriWest Healthcare Alliance for stateside network providers.
- **Permanent relocation:** Change enrollment to your new TRICARE region within 90 days. Visit the TRICARE Regions webpage (tricare.mil/regions) to find your region or use the TRICARE Plan Finder (tricare.mil/planfinder).

MHS Nurse Advice Line

If you need health care advice, help finding an urgent care or emergency care facility, or to schedule a virtual urgent care appointment:

- Call the MHS Nurse Advice Line 800-TRICARE (874-2273), option 1.
- Visit [MHSNurseAdviceLine.com](https://www.mhsnurseadvice.com) for web chat and video chat.

Mental Health

If you need mental health support:

- Dial 988, then press 1. Or, text 838255.
- Call the MHS Nurse Advice Line at 800-TRICARE (874-2273).

Prescriptions

If you need to fill a prescription:

- Fill the prescription at a military pharmacy (tricare.mil/militarypharmacy) if one is nearby.
- Find a retail network pharmacy (tricare.mil/networkpharmacy) or call Express Scripts 877-363-1303 to get help finding a network pharmacy.

Key Phone Numbers

MHS Nurse Advice Line 800-TRICARE (874-2273), opt. 1 Available 24/7 — advice, care finder, virtual urgent care	International SOS (Routine Care) 877-451-8659 Call before getting care or making payments.
Not sure of your region? tricare.mil/regions	
Humana Military (East Region) 800-444-5445 Monday–Friday, 8 a.m. to 6 p.m. ET/CT	TriWest Healthcare Alliance (West Region) 888-TRIWEST (874-9378) 8 a.m. to 6 p.m. in your time zone
Express Scripts (Pharmacy) 877-363-1303 Find a network pharmacy near you at tricare.mil/networkpharmacy .	Mental Health Crisis Line Dial 988, press 1 Text: 838255 Available 24/7

More Information

Scan the QR code to visit our website (tricare.mil/displaced) for relevant links and further information.



Stay Informed

Scan the QR code to follow our Facebook page (facebook.com/TRICARE) for real-time updates and disaster response resources.



Military Family Life Counselor Middle East Roster March 2026

Military Family Life Counselor(s) available

Please note local numbers may not connect for voice calls, as MFLC's are working remotely but MFLCs numbers are connected to Signal and WhatsApp.

- Kenyotta Hannah
 - US - 571-220-0554
 - 971-058-0667
 - Lafils Rivers
 - US - 571-977-8777
 - 973-3344-2706
 - Mina Vassey
 - US - 571-752-3822
 - 973-3985-0747
 - Yvette Watts - CYB
 - US - 571-723-0135
 - 973-3231-7110
 - L'Oreal Cherry -CYB Schools
 - US - 571-430-9955
 - 973-3872-5587
 - Leigha Menefee
 - US - 571-490-5442
 - 972-6668-3868
 - Blake Spiegelberg
 - US - 571-905-1518
 - 974-5177-0236
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Core EIPC Programs

(Also offered at FFSC)



Anger Management Overview

Provides basic anger management techniques.

Building Healthy Relationships

Provides tools to enhance healthy relationships and educate military personnel and their partners on how to successfully nurture intimate relationships.

Conflict Management

Provides tools for addressing conflict and managing it on an everyday basis.

Family Violence Overview

Ensures that every service member is aware of mandates, spouse and child abuse reporting requirements, preventive educational programs, and community resources.

Maintaining Respect in the Workplace

Assist service members to interact successfully by providing education on self-respect, healthy boundaries that foster mutual respect, preventing destructive decisions through bystander intervention, and behaviors that encourage a positive work environment.

Mind-Body Mental Fitness

This six module training is designed to promote a culture of excellence as a part of Warrior Toughness, E-OSC, and Command Resiliency Team. Modules are as follows: Module 1 - Stress Resilience, Module 2 - Mindfulness & Meditation, Module 3 - Living Core Values, Module 4 - Flexibility, Module 5-Problem Solving and Module 6 - Connections.

Parenting in a Military Family

Addresses common concerns of military parents, including parenting through deployment, preparing for permanent change of station moves, understanding the impact a military lifestyle has on a child's stress reactions, temperament, healthy parenting styles and discipline.

Personal Communications

Provides an opportunity to increase competence in using more effective communication skills.

Stress Management Overview

Provides knowledge and skills to improve well-being, relationships with others, and cope effectively with stress.

Suicide Prevention

Increase awareness of suicide by discussing what it is, who it affects, why it happens, and what can be done to prevent it.

What FFSC Can Do For You

Describe programs and services provided by FFSC.



FLEET & FAMILY SUPPORT CENTERS MID ATLANTIC



FFR.CNIC.Navy.mil/
Family-Readiness/



NavyLifeMA.com/FFSC

FLEET AND FAMILY SUPPORT CENTERS (FFSC)

CONNECTICUT

New London860-694-3383

HAMPTON ROADS, VIRGINIA

Dam Neck Annex 757-492-6342

Fort Story..... 757-422-7311

Little Creek757-462-7563

Newport News 757-688-6289

Norfolk..... 757-444-2102

NSA HR - Northwest Annex..... 757-421-8770

NSA HR - Portsmouth Annex 757-953-7801

Oceana757-433-2912

Yorktown 757-887-4606

ILLINOIS

Great Lakes 847-688-3603 ext. 100

NEW HAMPSHIRE

Portsmouth..... 207-438-1835

NEW JERSEY

Earle732-866-2115

NEW YORK

Saratoga Springs 518-886-0200 ext. 146

RHODE ISLAND

Newport 401-841-2283

NATIONAL RESOURCES

National Suicide Prevention Lifeline988

National Domestic Violence Hotline 1-800-799-SAFE (7233)

National Child Abuse Hotline.....1-800-4-A-CHILD (422-4453)

Sexual Assault Victim Advocate 24/7

DOD Safe Helpline 1-877-995-5247

or call your installation FFSC.

safehelpline.org

Military OneSource.....1-800-342-9647

militaryonesource.mil



No Navy endorsement implied.

NSN-FFSC-2401-041-LW · MRKTING

Supporting MISSION Readiness Through FAMILY Readiness



FLEET & FAMILY SUPPORT CENTERS MID ATLANTIC



Embedded Integrated Prevention Coordinators (EIPC)



EIPC Program



Embedded Integrated Prevention Coordinators are part of the Integrated Primary Prevention Workforce at Fleet and Family Support Center. The EIPC program provides primary prevention programs in a non-clinical capacity to mitigate risk factors and destructive behaviors. The program will enhance problem solving skills through synchronized and collaborative use of integrated, holistic, multi-agency resources and services to increase mission readiness. This program is supported by the Chief of Naval Operations, Culture of Excellence, and Navy Family Framework.

Promote	Prevent
Connectedness, leadership, and morale	Harassment and discrimination
Healthy relationships and caregiving	Sexual assault and domestic violence
Financial health and employment	Suicidal thoughts and behaviors
Resilience, wellbeing, and toughness	Substance misuse
Fitness, nutrition, and sleep	Pain and injury

Things to Know about EIPCs

- ▶ EIPCs are not clinical staff and cannot provide counseling services.
- ▶ EIPCs are embedded on Carrier and LHD type ships as ship's company.
- ▶ EIPCs collaborate with leadership and command teams to prevent crises by identifying risk factors that can lead to problematic/destructive behaviors, and recommend data informed preventive measures.
- ▶ EIPCs interpret risk and protective data and support action plans addressing areas of concern.
- ▶ EIPCs provide evidence-based prevention activities, such as life skills development, to enhance problem solving.
- ▶ EIPCs adjust training to fit divisional/departmental needs within the command.



DoD Instruction (DoDI) 6400.09 and 6400.11 Integrated Primary Prevention Requirements:

- ▶ FFSC's embedded support can help commands meet DODI requirements:
- ▶ Collaboratively create training/strategies to prevent and/or mitigate harmful acts to self and others.
- ▶ Promote total force readiness, fitness, and resilience by focusing on understanding risk factors, building healthy relationships, healthy coping, emotional intelligence, communication, resilience, etc.
- ▶ Develop programs to respond to climate concerns and promote dignity, respect, inclusion and connectedness throughout the command.

What We Stand For



What We Do



- ▶ **Command Outreach:** EIPCs engage their commands by increasing awareness and the utilization of prevention frameworks across the deckplates to promote help seeking behaviors at early onset, and being accessible throughout the operational tempo. Our outreach aids in a healthy culture of teamwork where new norms can be established.
- ▶ **Facilitate Prevention Classes:** While in port, at sea, and in the shipyards, EIPCs facilitate cognitive educational programs to empower service members to use healthy communication and coping skills of all ranks and levels of leadership.
- ▶ **Individual and Command Consultations/Referrals:** EIPCs often know of additional valuable resources to prevent and mitigate risk factors. EIPCs meet with crew members to gain understanding of member/command needs to better tailor information and referrals to applicable resources. This includes meeting with individuals, division/department leadership, Command Resiliency Teams (CRTs), and community partners. Referrals are made to onboard classes, additional command resources, FFSC, Military OneSource, Wounded Warrior Program, USO, Navy Marine Corps Relief Society, and others.



MILITARY FAMILY LIFE COUNSELOR

Presents

“I JUST NEED TO TALK”



Join Lafils Rivers, MFLC

Sunday-Thursday 9:00 am (Bahrain Time Zone)

Zoom Link

Meeting ID: 161 224 2115

For additional information please contact:

Lafils Rivers, MFLC

+1-571-977-8777 (WhatsApp & Signal)

+973-3344-2706 (WhatsApp)

lafils.a.rivers@leidos.com

