Is Life Feeling Heavy?

It doesn’t have to.

Moving again...

Uuugh... overwhelmed!

SCHOOL ADJUSTMENT

Self-Esteem

COVID-19

Dealing with Body Image

Stress

RELATIONSHIPS

Bullying

How to deal with My Emotions

EMERGENCY CRISIS
ON BASE: 911
OFF BASE: 081-568-4911

Scan for Mental Health Resources.
Fleet and Family Support Center

Services are available to U.S. military, civilian and contractor family members. Counseling for individuals (children and adolescents) and their families.

- Office: 081-811-6372 / DSN 314-629-6372
- After hours: 331-691-8268

Military OneSource

Counseling services are available to U.S. military family members 13 years and older.

- Worldwide toll-free: 00-800-342-9647
- Worldwide collect: 001-703-253-7599
- Telecom Italia: 800-172-405
- https://livechat.militaryonesourceconnect.org/chat

Military Family Life Counselors

Military Family Life Counselors provide confidential non-medical counseling, consultation and outreach services to eligible children, youth, parents, faculty and staff both on and off military installations.

- Naples Middle High School: 347-868-7339 / 347-646-2122 / 348-533-7693
- Naples Elementary School: 347-833-9985 / 348-814-9907
  345-879-4185 / 345-046-1412
- Child and Youth Programs: 348-575-1743 / 360-041-6226

Employee Assistance Program

Links employees’ family members to qualified local services and provides licensed confidential support to help with difficult issues.

- DONCEAP: 001-888-320-2917 or 001-888-262-7878
- NAF EAP: 001-800-932-0034

Chaplain

Offers 100 percent confidential counseling with no reporting requirements for a wide variety of religious and non-religious issues. Chaplain services are available to military, civilian and contractor family members.

Capodichino 081-568-3535 / DSN 314-626-3539
Support Site 081-811-4600 / DSN 314-629-4600
After hours: 366-680-5972

U.S. Naval Hospital

Pediatrics and Family Medicine
To schedule an appointment with your primary care provider, call 081-811-6000 / DSN 314-629-6000 or visit www.TRICAREonline.com.

Local Resources

Joy Center: Supports the emotional, social and developmental needs of children from all U.S. military bases in Italy. 366-724-6600 or www.joydirsi.org

Reach Aut: Provides clinical individual and family support to any age group from childhood through adulthood. 342-800-6115 or www.carelikehome.org

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