

Teens & Youth

Is Life Feeling Heavy?

It doesn't have to.

Moving again...

Uugh... 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.



NSA Naples
FLEET & FAMILY
SUPPORT CENTER

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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

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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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