

NAVY MEDICINE READINESS AND TRAINING COMMAND YOKOSUKA

Mental Health Resources

On Base Emergency Services: 046-816-0911 – Emergency Room: 243-5137 – Emergency Off Base: 119 – Crisis Line (Text/Call/Chat): 988

	Who Can Be Seen	Scope of Care	Confidentiality	Self-Referral Process
Mental Health (MH) 243-5171 Bldg. E-22 Room 152	<ul style="list-style-type: none"> Active Duty attached to shore commands Dependents of Active Duty No therapy services for dependents under the age of 18. Child/adolescent Psychiatry is available. Active Duty attached to <u>ship</u> commands need to speak with their IDC/medical for referral to embedded mental health team 	Moderate-High Mental Health concerns <ul style="list-style-type: none"> Depression Trauma Anxiety Adjustment Suicidal Ideation 	Access to Records <ul style="list-style-type: none"> CO of patient's command Other medical providers Mandated Reporting <ul style="list-style-type: none"> Harm to Self/Others Abuse child/dependent Domestic Violence Sexual Assault Some UCMJ Violations Every Encounter is a Fitness for Duty Evaluation <ul style="list-style-type: none"> Mental Health Impairment Substance Use 	Walk into MH waiting room in building E22 between the hours of 0900-1000 MON- FRI. If unable to make those hours, please call ahead to arrange a time with the behavioral health technicians. If unable to self-refer, please contact medical provider for a referral.
Substance Abuse Response & Prevention (SARP) 243-5489 Bldg. E-22 Room 225	<ul style="list-style-type: none"> Active Duty Dependents of Active Duty based on space available 	Substance Abuse (can be seen in conjunction with MH). <u>Levels of Treatment</u> Impact: 3 day Level 1: 2 week Level 2: 3 week Level 3: inpatient (TAD to CONUS if Active Duty or coordinate with TriCare insurance if dependent)	Access to Records <ul style="list-style-type: none"> CO of patient's command Other medical providers Mandated Reporting <ul style="list-style-type: none"> Harm to Self/Others Abuse child/dependent Domestic Violence Sexual Assault Some UCMJ Violations Every Encounter is a Fitness for Duty Evaluation <ul style="list-style-type: none"> Mental Health Impairment Substance Use 	Active Duty: <ul style="list-style-type: none"> Self-refer to command DAPA for screening DAPA refers to SARP for determination of level of care and treatment. Providers can submit referral to SARP Dependents: <ul style="list-style-type: none"> Self-refer to SARP office or via provider referral.
Internal Behavioral Health Consultant (IBHC) 243-5352 Main Hospital	<ul style="list-style-type: none"> Active Duty Dependents Contractors DOD Civilians Retirees 	Low-Moderate Mental Health Concerns <ul style="list-style-type: none"> Adjustment disorders Sleep Smoking Dieting 	Access to Records <ul style="list-style-type: none"> CO of patient's command Other medical providers Mandated Reporting <ul style="list-style-type: none"> Harm to Self/Others Abuse child/dependent Domestic Violence Sexual Assault Some UCMJ Violations 	<ul style="list-style-type: none"> All can self-refer to IBHC by calling appointment line. Request a referral from your Primary Care Provider
Fleet and Family Support Center (FFSC) 243-7878	<ul style="list-style-type: none"> Active Duty Dependents Contractors DOD Civilians Retirees 	Low-Moderate Mental Health Concerns <ul style="list-style-type: none"> Adjustment issues Couples Counseling 	Mandated Reporting <ul style="list-style-type: none"> Harm to Self/Others Abuse child/dependent Domestic Violence Sexual Assault 	Walk into FFSC on 4 Th deck of Community Readiness Center (across from Commissary) <ul style="list-style-type: none"> 0800-1630 MON, WEDS, THR & FRI 0800-1430 TUES
Military and Family Life Counselors (MFLC)	<ul style="list-style-type: none"> Active Duty Dependents * Priority is given to ship Active Duty and their spouses	Low-Moderate Mental Health Concerns <ul style="list-style-type: none"> Military life stress Parenting Adjustment issues 	Services are confidential and no records kept. Mandated reporting of: <ul style="list-style-type: none"> Child abuse Domestic abuse Duty to warn situations 	Kevin Shuklian, LMFT (571) 338-8225 080-7522-4644 Lon Clark, LMFT 090-8505-2245 drlonclark@yahoo.com Yvonne Yim, PhD. LCSW (571) 564-3441 080-3361-1920
Chaplain Services 243-2010	All	Low-Moderate Mental Health Concerns	Full Confidentiality	Yokosuka Area Duty Chaplain: 090-1468-2779. Hospital Chaplain: 0890-1468-2779 jeremy.e.carr.mil@health.mil



Patient Safety Plan

Step 1: Warning signs (thoughts, images, mood, situation, behavior) that a crisis may be developing:

1. _____
2. _____
3. _____

Step 2: Internal coping strategies – Things I can do to take my mind off my problems without contacting another person (relaxation technique, physical activity):

1. _____
2. _____
3. _____

Step 3: People and social settings that provide distraction:

1. Name: _____ Phone: _____
2. Name: _____ Phone: _____
3. Place: _____ Place: _____

Step 4: People whom I can ask for help:

1. Name: _____ Phone: _____
2. Name: _____ Phone: _____
3. Name: _____ Phone: _____

Step 5: Professionals of agencies I can contact during a crisis:

1. National Suicide Prevention Lifeline (24/7): +1-800-273-TALK (8255) or <https://suicidepreventionlifeline.org/chat/> to chat; or Text/Call/Chat: **988**
2. Veterans Crisis Line (24/7): +1-800-273-8255 and Press 1 or <https://www.veteranscrisisline.net/get-help/chat> to chat or 838255 to text
3. TELL Japan Lifeline 03-5774-0992 (Monday – Thursday, 0900-2300) and (Fridays, Saturdays, and Sundays, 0900-0200) or <https://telljp.com/lifeline/tell-chat/> to chat
4. 911 on base, 119 off base, or go to your nearest emergency room

Step 6: Making the environment safe:

1. _____
2. _____

The one thing that is important to me and worth living for is:

Mental Health Apps



SARP Continuing Care Booklet



QR Code to Aftercare Resource Booklet