



Resources available to assist with COVID-19 impacts

Military Resources

Military OneSource - 1800-342-9647 <https://www.militaryonesource.mil/>

Military Crisis Line— 1-800-273-8255 or text 838255 Available 24/7

Financial Aid Services

Air Force: <https://afas.org/>

Army: <https://www.armyemergencyrelief.org/>

Navy & Marine: <https://www.nmcrs.org/>

Federal Civilians: <https://feea.org/>

Employee Assistance Program –1-800-222-0364 <https://foh.psc.gov/> (DoD employees)

Federal Occupational Health - (FOH4YOU) 888-262-7848 (TTY)

DoD Safe Helpline- 877-995-5247 (Sexual Assault)

Domestic Abuse Victim Advocate- 609-283-5015

- JB MDL Resiliency Resource Page: www.jbmdl.jb.mil/resiliencyresources/
- CSC- Facebook @JB MDL Community Support Coordinator
- Violence Prevention Office – Refer to Military One Source Resources
- 87th Medical Group Mental Health Office is open Mon-Fri for high-interest, urgent care, ANAMS and walk-ins: 609-754-9324

Civilian Resources

SAMHSA's National Helpline 1-800-662-HELP (4357) 24/7 support

www.samhsa.gov

National Alliance of Mental Illness - 1-800-950-NAMI or Text NAMI to 741741

National Suicide Crisis Text Line -Text HOME to 741741

National Suicide Prevention Lifeline -800-273-TALK (8255)

Center of Diseases for Control and Prevention

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

**MILITARY
ONE
SOURCE**

Military OneSource Daily Updates

Military OneSource daily live COVID-19 update (Monday-Friday) at 12:00p.m. Eastern Standard Time, on the Military OneSource Facebook page: www.facebook.com/military.1source

As a reminder, Military OneSource has created a dedicated page to help keep you up to date on this rapidly-evolving situation: www.militaryonesource.mil/coronavirus



Resources

Office of the State Department Family Advocacy Program

- OSD FAP-produced article: Navigating Relationship Safety during the COVID-19 Pandemic: <https://www.militaryonesource.mil/family-relationships/family-life/preventing-abuse-neglect/navigating-relationship-safety-during-the-covid-19-pandemic>
- OSD FAP-produced article: Staying Safe while Staying Healthy (Tips for Military Families): <https://www.militaryonesource.mil/family-relationships/family-life/preventing-abuse-neglect/staying-safe-and-healthy>

Resources for clinicians

- From Uniformed Services University Center for Traumatic Stress: <https://www.cstsonline.org/resources/resource-master-list/coronavirus-and-emerging-infectious-disease-outbreaks-response> o (includes fact sheets on the following topics): Supporting Patients During Quarantine or Isolation
- Helping Patients Concerned about Coronavirus: A Guide for Psychiatrists
- How Clinicians and Other Healthcare Personnel Can Help Concerned Patients
- Supporting Military Families
- How Healthcare Personnel Can Take Care of Themselves

Resources for pregnant women, parents with young children, and military families

- Guidance from CDC on COVID-19 for Pregnant Women (updated continually): <https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/pregnant-women-and-children.html>
- From Zero to Three- Tips for parents of small children for activities, wellness, and how to talk to your children about coronavirus: <https://www.zerotothree.org/resources/3210-tips-for-families-coronavirus>
- From the National Child Traumatic Stress Network- Parent/caregiver guide to helping families cope with the stress of the coronavirus: <https://www.nctsn.org/resources/parent-caregiver-guide-to-helping-families-cope-with-the-coronavirus-disease-2019>
- From Uniformed Services University Center for Traumatic Stress- Helping Homebound Children during COVID-19 Outbreak: https://www.cstsonline.org/assets/media/documents/CSTS_FS_Helping_Homebound_Children_during_COVID19_Outbreak.pdf
- From Uniformed Services University Center for Traumatic Stress- Taking Care of Your Family During Coronavirus: https://www.cstsonline.org/assets/media/documents/CSTS_FS_Corona_Taking_Care_of_Your_Family.pdf.pdf



Resources

Resources for child welfare professionals

- From HHS Children's Bureau- COVID-19 Guidance (updated continually): <https://www.acf.hhs.gov/cb/resource/covid-19-resources>
- New HHS Guidance on Caseworker Visits via Videoconferencing: <https://www.acf.hhs.gov/cb/resource/guidance-caseworker-visits-videoconferencing>

Tips on technology-based victim services/remote victim advocacy

- From the National Network to End Domestic Violence- Using Technology to Communicate with Survivors During a Public Health Crisis: <https://www.techsafety.org/digital-services-during-public-health-crises>
- From the National Network to End Domestic Violence- Best Practices When Using Mobile Devices for Advocacy: <https://www.techsafety.org/resources-agencyuse/mobilecomputing-bestpractices>
- From the National Network to End Domestic Violence- How to Operate as a Remote Workplace During a Public Health Crisis: <https://www.techsafety.org/remote-work-public-health-crisis>

Resources for victim advocates

- From the National Network to End Domestic Violence- resources on the response to the coronavirus: https://nnedv.org/latest_update/resources-response-coronavirus-covid-19/
- From the National Network to End Domestic Violence- coronavirus guidance for domestic violence shelters: https://nnedv.org/wp-content/uploads/2020/03/Library_Coronavirus_Guidance_for_DV_Shelters_NNEDV_12MAR2020.pdf

Resources for domestic abuse victims

- From the National Domestic Violence Hotline- Staying safe during COVID-19: <https://www.thehotline.org/2020/03/13/staying-safe-during-covid-19/>
- From the National Domestic Violence Hotline- Safety planning with children: <https://www.thehotline.org/2013/04/12/safety-planning-with-children/>



JB MDL CHAPEL

Contingency Services



Counseling	Worship Services	Hours	Duty Chaplain
Care Options	All Services & Programs are <u>Virtual</u>	McGuire Chapel	After Hours
 “Tele-Chaplain”-secure <u>video</u> or <u>phone</u> <ul style="list-style-type: none">• Call (609)754-4673 to schedule  Confide App – <u>Anonymous</u> & <u>Confidential</u> <ul style="list-style-type: none">• Text “Get Confide” to (609)283-2744• Click link• Enter personal email & follow prompts• Keep the generated anonymous name• Message the Chaplain of your choice   Call or Walk-In <ul style="list-style-type: none">• (609)754-HOPE• McGuire Chapel – 2503 E. Arnold Ave.	Streamed Weekly online via Facebook Chapel: @JBMDLChapel Catholic: @JBMDLCatholicCommunity Protestant: @JBMDLProtestantChapel	M-F: 0730-16:30 Closed Chapels: <ul style="list-style-type: none">• Dix Chapel• North Chapel	Call Command Post at: (609)754-3935

SOCIAL DISTANCING SHOULDN'T MEAN SOCIAL ISOLATION.

If you or someone you know is suffering, call for help.

Domestic Violence Hotline

1-800-572-7233

Child Abuse Hotline

1-877-652-2873

Children's System of Care

1-877-652-7624

NJ Mental Health Cares

1-866-202-4357

Crisis Text Line

Text NJ to 741741

2nd Floor Support for Youth

1-888-222-2228

