



# FFSP COPING WITH COVID-19

## INFORMATION AND REFERRAL RESOURCES

**Your Next STEPS**  
If you or your family are experiencing challenges, there is local, region and national support to help.

### YOUR LOCAL FFSC



**WE ARE STILL OPEN.**  
Virtual services are available. View the FFSC Directory at [https://www.cnic.navy.mil/ffr/family\\_readiness/fleet\\_and\\_family\\_support\\_program/FFSC.html](https://www.cnic.navy.mil/ffr/family_readiness/fleet_and_family_support_program/FFSC.html).

### MILITARY RESOURCES



**MILITARY ONESOURCE**  
[www.militaryonesource.mil](http://www.militaryonesource.mil)  
800-342-9647



**FAMILIES OVERCOMING UNDER STRESS (FOCUS)**  
[www.focusproject.org/covid19](http://www.focusproject.org/covid19)

### MORE SOURCES OF HELP



**WELCOME TO CNIC PORTAL**  
[MyNavyFamily.com](http://MyNavyFamily.com)



**MY NAVY FAMILY**  
Download the mobile app



**DOD SAFE HELPLINE**  
[Safehelpline.org](http://Safehelpline.org)  
877-995-5247



**CONSUMER FINANCIAL PROTECTION BUREAU (CFPB)**  
[www.consumerfinance.gov](http://www.consumerfinance.gov)  
855-411-2372



**NATIONAL SUICIDE PREVENTION LIFELINE**  
[suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)  
1-800-273-8255



**CONNECT WITH A NAVY CHAPLAIN**  
855-NAVY-311  
Text: [navy11@navy.mil](mailto:navy11@navy.mil)