

What do we do for Navy and Marine Reservists, their family members (including significant others & loved ones), and commands?

Educate

Conduct psycho-education briefings, workshops, and coordinate subject matter experts.

Assess

Conduct Behavioral Health Screenings and customized assessment for identification of individual stressors.

Refer

Verify, check, and provide at least 3 appropriate referrals to local military and community resources.

Follow Up

Conduct weekly or bi-weekly check-ins via phone, email, text, and mail to ensure follow-through and good fit referrals.

**Contact Your Local PHOP Region for Assistance
1-866-578-PHOP(7467)**

Current PHOP Office Locations:

- Phoenix, AZ
- Camp Pendleton, CA
- Los Angeles, CA
- Miramar, CA
- Sacramento, CA
- San Diego, CA
- Buckley AFB, CO
- Washington D.C.
- New Castle, DE
- Jacksonville, FL
- Marietta, GA
- Great Lakes, IL
- Indianapolis, IN
- New Orleans, LA
- Fort Devens, MA
- Selfridge, ANGB, MI
- Minneapolis, MN
- Kansas City, MO
- Charlotte, NC
- Fort Dix, NJ
- Broken Arrow, OK
- Portland, OR
- Fort Worth, TX
- Houston, TX
- San Antonio, TX
- Norfolk, VA
- Everett, WA
- Joint Base Lewis-McChord, WA
- Spokane, WA
- Puerto Rico
- Hawaii

Psychological Health Outreach Program (PHOP)



Mission Statement:

An all encompassing program dedicated to providing full access to appropriate psychological health care services, increasing resiliency, and facilitating recovery, which is essential to maintaining a ready military force.



@BUMEDPHOP



Who Are We?

Psychological Health Outreach Program (PHOP) services are offered by a team of Licensed Clinical Professionals including many former military members and military dependents. All services are **FREE** and **CONFIDENTIAL**.

Who is Eligible?

Navy and Marine Reservists and their family members (including significant others & loved ones).

How Do You Participate in Our Program?

Contact your local PHOP team to refer yourself or refer a peer/friend/family member. We also receive referrals from commands, MIP/SAIL/SIRs, and PDHRA/MHA referrals.



Common Stressors

Common Stressors we assist with may include, but are not limited to, the following:

- Relationship Problems
- Deployment Related Issues
- Grief/Loss
- Substance Abuse
- Stress and Anger Management
- Unemployment & Underemployment
- Financial Assistance
- VA Healthcare & VA Disability
- Education Benefits & Scholarships
- Health Insurance & DEERs
- Housing/Homelessness
- Difficulty Sleeping
- Childcare/Parenting

What Do We Do for Commands?

Outreach:

Site Visits and monthly outreach via phone and email.

Consultations:

24/7 non-crisis phone support for inquiries and consultations during drill weekends and after business hours.

Training:

Briefings and/or workshops on Operational Stress Control, Suicide Prevention, Stress/Resilience, and other customized trainings.

Resiliency Check-ins:

PHOP conducts an onsite “**All Hands**” Behavioral Health Screening (BHS) of individual Service Members. Leadership is briefed with an **After Action Report** utilizing aggregate data from the individual BHS, that identifies local trends and a minimum of the top 5 stressors within the NOSC/HTC. Through partnerships with government and community subject matter experts, PHOP follows through with a **Plan of Action** to address the identified stressors.

Stress Management and Resiliency Support

