

# Parris Island Marine Corps Recruit Depot Resource List

## Behavioral Health

(Mental health, Substance Abuse, Suicide ideations/ attempts, Family Abuse, Sexual Assault)

Resource	Contact Info	Description of Services	
<b>EPBHC Coordinator (Embedded Preventive Behavioral Health Capabilites)</b>	G-4, Upper Deck 850 Panama St. Bldg 151 Parris Island SC, 29905-9400	Phone: 843-228-2779 Work Cell: 843-941-9925  Email: Megan.Grabowski@usmc.mil	The EPBHC coordinates and supports prevention programs in an effort to ensure Marines and their families are receiving the most effective support services possible. If you are unsure what resource to use, or what is out there to help, the EPBHC can help you navigate available resources.
<b>Depot Operational Psychologist</b>	G-4, Upper Deck 850 Panama St. Bldg 151 Parris Island SC, 29905-9400	Phone: 843-228-3393 Work Cell: 843-441-6150  Email: manuel.a.gonzalez1@usmc.mil	The Depot Psychologist supports Marines in training to become Drill Instructors and Series Commanders at DI School. Professional and personal development via assessment of needs of these Marines occurs at the start, middle, and end of tour.
<b>Chaplains</b>	<u>Religious Ministries Center:</u> 161 Blvd de France MCRD Parris Island, SC, 29905	Religious Ministries: 843-228-3601  Duty Cell: 843-321-6285	Chaplains are here to support your spiritual and emotional health. Chaplain services are 100% confidential.
<b>Community Counseling Program</b>	Bldg. 202 (2nd Floor) 456 Blvd de France MCRD Parris Island, SC 29905	H: Mon-Fri: 0730-1600  P: 843-228-2044	Non-medical counseling services for depression, anxiety, PTSD, stress management, marital issues, or any other mental health concerns.
<b>DeStress Line**</b>		Phone: 1-877-476-7734	Confidential hotline to help you win your personal battles by talking with a trained specialist.
<b>Family Advocacy Program</b>	807 Hoffecker St. MCAS Beaufort, SC 29904	H: Mon-Fri: 0700-1600  P: 843-228-6126 <b>24/7 Hotline:</b> 843-592-0646	Counseling and Victim Advocacy services for victims and offenders of family abuse. Prevention programs include Anger Management classes, parenting classes (Triple P, Parenting with Love and Logic) and marriage seminars (Married and Loving It!).
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<b>FOCUS** (Families OverComing Under Stress)</b>		Phone: 843-228-6618  <a href="mailto:Beaufort@focusproject.org">Beaufort@focusproject.org</a>	Provides resilience training to military children, families, and couples. It teaches practical skills to help families and couples overcome common challenges related to a military life. It helps build on current strengths and teach new strategies to enhance communication and problem solving. This is short term, solution focused training.
<b>Mental Health Unit (PI)</b>	2 <sup>nd</sup> Floor, PI Clinic	Hours: Monday-Friday, 0630-1730 Phone: 843-228-3869	Psychology and counseling services for active duty service members.
<b>MFLC</b>		2 <sup>nd</sup> BN, Wpns, 6th MCD: 843-694-7584  4th, 1st, 3 <sup>rd</sup> BN: 843-271-8535  RTR, Spt, H&S BN: 843-592-2075	Military and Family Life Counselors, also known as MFLC's, provide non-medical, short-term, situational problem solving counseling. They provide completely confidential sessions at a location of your choice about a variety of concerns. Problems addressed include stress management, grief, marriage issues, anger management, coping skills, and more.
<b>Military One Source</b>		Phone: 800-342-9647  <a href="http://MilitaryOneSource.mil">MilitaryOneSource.mil</a>	Provides a wide variety of resources and support services to help military families. They can also connect you to a counselor out in town.
<b>National Domestic Violence Hotline**</b>		Phone: 1-800-799-7233  <a href="http://Thehotline.org">Thehotline.org</a>	Highly-trained advocates are available 24/7/365 to talk confidentially with anyone experiencing domestic violence, seeking resources or information, or questioning unhealthy aspects of their relationship. <i>*If you think your computer or phone is being monitored, please go to the religious ministries office to use their phone*</i>
<b>Resource</b>	<b>Contact Info</b>		<b>Description of Services</b>

<b>National Suicide Prevention Line**</b>		Phone: 1-800-273-8255 Suicidepreventionlifeline.org	We can all help prevent suicide. The Lifeline provides 24/7/365, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.
<b>SAPR (Sexual Assault Prevention and Response)</b>		Sexual Assault Support: 843-228-3599  DoD Safe Helpline: 877-995-5247	The MCRD Parris Island and ERR Sexual Assault Prevention and Response Program provides 24/7 support and advocacy to all Marines, Sailors, and military dependents over 18 who have experienced sexual assault or harassment.
<b>Semper Fi Fund**</b>		Phone: 760-725-3680 Semperfifund.org	Wide range of resources including: education and career assistance, veteran to veteran support, integrative wellness programs, counseling, and PTSD resources.
<b>Substance Abuse Counseling Center</b>	Bldg. 807 (IPAC) Hoffecker St. MCAS Beaufort, SC 29904	H: Mon-Fri: 0730-1600  P: 843-228-7972	Outpatient group and individual counseling for substance abuse concerns. You do not have to have an alcohol related incident to utilize services. Prevention programs include: Prime for Life 4.0(8-hour course) and Prime for Life 8.0(16-hour course).
<b>Veterans Crisis Line</b>		Phone: 1-800-273-8255, Press 1.	Confidential 24/7/365 hotline serving veterans, service members and their families.
<b>Victim and Witness Assistance Program</b>		Installation Victim Witness Liaison Officer, MCRD Parris Island: (843) 228-4095	The Marine Corps executes a professional Victim and Witness Assistance Program in order to reduce the trauma, frustration and inconvenience experienced by victims and witnesses of crime; inform victims of their statutory rights; and, assist victim and witness understanding of the military justice process.
<b>Victims Legal Council</b>		Phone: 843-228-4801  Paralegal Phone: 843-228-3581	VLC assist victims to understand legal options including: obtaining restraining orders and military protective orders; making Restricted versus Unrestricted reports of sexual assault; and obtaining testimonial or transactional immunity regarding collateral misconduct before testifying against the accused in the case.

**Child and Youth Services**

Resource	Contact Info		Description of Services
<b>Child Abuse Prevention Association (CAPA)**</b>	Physical address: 714 14th Street, Port Royal, SC 29935  Mailing address: PO Box 531, Beaufort, SC 29901	Phone: 843.524.4350  Fax: 843.525.0070  Email: <a href="mailto:kids@capabeaufort.org">kids@capabeaufort.org</a>	CAPA offers a variety of programs to the community in an effort to reduce child abuse, including outreach programs, safe sleep education, home visitation, foster care and a children's shelter.
<b>Child Development Center</b>	MCRD Parris Island: Bldg. 504 Wake Blvd. MCRD Parris Island, SC 29905  MCAS Beaufort Bldg. 1142 Geiger Blvd. MCAS Beaufort, SC 29904	H: Mon-Fri: 0530-1830 Hourly Care Mon-Fri: 0530-1830 P: 843-228-3514  H: Mon-Fri: 0530-1830 Part Day Enrichment Mon-Fri: 0900-1200 Hourly Care Mon-Fri: 0530-1830 P: 843-228-7290	The CDC provides care for children ages 6 weeks to 5 years. Drop in services are available.
<b>Exceptional Family Member Program</b>	Bldg. 404 Blvd. de France MCRD Parris Island, SC 29905	H: Mon-Fri: 0700-1530 ERR Family Case Worker: 843-228-3188  <u>MCRD Parris Island Family Case Worker:</u> 843-228-3849	Provides case management and support to families with children who have a medical or mental health diagnosis. They help ensure ease of transition in care when PCSing and once checked in to new unit. Host events such as sensory reading and play groups for children with special needs.
<b>Hopeful Horizons**</b>	1212 Charles St. Beaufort, SC 29902	<u>24-Hour Crisis Hotline:</u> 1-800-868-2632 or 843-770-1070 <u>Business Number:</u> 843-524-2256 Fax: 843-524-0597	Hopeful Horizons is a children's advocacy, domestic violence and rape crisis center. They provide a 24/7 emergency crisis line, emergency shelter, counseling, case management and legal services.
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<b>Military Kids Connect**</b>		MilitaryKidsConnect.dcoe .mil	Military Kids Connect is an online community where kids, tweens and teens can de-stress and connect with other military and youth their age. They identify unique issues that military kids can experience and offer tools and resources to help kids cope in a healthy way. Tools and resources for parents and caregivers are available as well.
<b>New Parent Support Program</b>	<u><b>Family Service Center</b></u> 63 E. Laurel Bay Blvd. Laurel Bay, SC 29906	H: Mon-Fri: 0730-1600 P: 843-228-6565	Provides a variety of services for families with children under the age of 5. Baby boot camp, infant massage, lactation support, play mornings, and home visits. Home visits address behavioral concerns and concerns in the home, including daily living habits, positive discipline, abuse concerns, etc. They utilize evidence-based practices Parents as Teachers and Family Foundations. Staff consists of registered nurses and licensed social workers.
<b>School Liaison Program</b>	<u><b>Family Service Center</b></u> 1632 E. Laurel Bay Blvd. Laurel Bay, SC 29906	H: Mon-Fri: 0800-1630 P: 843-228-6128	Builds bridges for the academic success of military dependent children by obtaining educational information and assistance from local school districts.
<b>Resource</b>	<b>Contact Info</b>		<b>Description of Services</b>

<b>Youth Center</b>	<b><u>MCRD Parris Island</u></b> <b><u>School Age Care</u></b> Bldg. 501 Wake Blvd. MCRD Parris Island SC 29905	H: Mon-Fri: 0530-1830 P: 843-228-1669	Before/after school and summer care for youth aged 8-13.
	<b><u>MCAS Beaufort</u></b> <b><u>Youth Center</u></b> Bldg. 1632 147 Althea St. MCAS Beaufort, SC 29904	H: Mon-Fri: 0530-1830 P: 843-228-7640	Before/after school and summer care for youth aged 8-13.
<b>Military Family Support Services</b>			
<b>Family Member Employment Assistance Program</b>	Bldg. 923, Room 27 355 Chosin Reservoir Rd. MCRD Parris Island, SC 29905	H: Mon-Thu: 0730-1700 Fri: 0730-1600  P: 843-228-3377	Provides military family members with the tools they need to successfully search for employment. Each office has a well-stocked library with employment resources, keeps a current list of local employment opportunities and offers classes specifically designed for military family members. Classes include resume writing, interview skills, federal employment workshop, and Spouse Transition and Readiness Seminar.
<b>Marine Corps Family Team Building</b>	<b><u>Four Winds Family Readiness Center</u></b> Bldg. 201 Mexico St. MCRD Parris Island, SC 29905	H: Mon-Fri: 0800-1630  P: 843-228-1505	Marine Corps Family Team Building (MCFTB) provides Marines and their families with the tools and resources needed to successfully meet the challenges of the military lifestyle. Programs include L.I.N.K.S, Family Readiness Program Training, LifeSkills classes and graduation week events and activities.
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SC Thrive**	Mailing Address: PO Box 23503 Columbia, SC 29224	P: 1-800-726-8774 <a href="mailto:contact@SCThrive.org">contact@SCThrive.org</a> scthrive.org	SC Thrive provides assistance to help you complete benefit applications all in one place. With a SC Thrive counselor you can get assistance applying for Supplemental Nutrition Programs, Military and Veteran education and housing benefits, Military and Veteran request for records, property tax exemption, federal and state taxes, and more!
<b>Financial Planning Services</b>			
Navy Marine Corps Relief Fund	521 Blvd De France Parris Island, SC 29905-0058 (Second floor, down the hall from library entrance)	H: Mon-Fri 0900-1400 P: 843-228-3512	Provide financial assistance for emergency travel, budget for baby, and quick assist loans.
Personal Financial Management Program	Bldg. 923 355 Chosin Reservoir Rd. MCRD Parris Island, SC 29905	H: Mon-Fri 0730-1630 P: 843-228-2218 843-429-0761	PFMP provides one-on-one training, group classes and unit training for numerous topics including: <ul style="list-style-type: none"> <li>• Budgeting</li> <li>• Consumer awareness</li> <li>• Credit reports</li> <li>• Saving and retirement planning</li> <li>• Thrift Savings Plan (TSP) and Blended Retirement System (BRS)</li> <li>• Home and car buying</li> </ul>
Personal Financial Management Specialist	IPAC Bldg. Room 36 MCRD Parris Island, SC 29905	Mr. Kent Thorne Phone: 843-429-0761	Individual financial counseling services.
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<b>USAA Financial Planning**</b>		Usaa.com	Retirement planning, tax center, market insight, financial counseling, home buying 101, car buying 101, financial articles, and more.
<b>Physical Health and Recreation Services</b>			
<b>Beaufort Memorial Hospital**</b>	955 Ribaut Rd, Beaufort, SC 29902	P: 843-522-5200 www.bmhsc.org/	BMH provides a variety of healthcare services, including cancer care, immediate care, heart and vascular services, maternity, orthopedics, primary care, women's health, emergency services, mental health, and more.
<b>Naval Hospital Beaufort</b>	1 Pinckney Blvd, Beaufort, SC 29902	H: 0730-1800 P: 843-228-5600  <u>Appointments:</u> 843-228-5175	Family practice, pediatrics, internal medicine, behavioral health, orthopedics, radiology, general surgery, lab, immunizations, pharmacy, physical therapy, chiropractic clinic and oral surgery.
<b>Branch Health Clinic (BHC) Paris Island</b>	670 Boulevard de France, Parris Island	H: Mon-Fri 0630-1600 Saturday 0630-1500  P: 843-228-4237/4682	The Branch Health Clinic Parris Island conducts recruit in-processing, acute care, and primary care. The clinic also provides primary care to active duty service members stationed at Parris Island. Services offered include, deployment health clinic, pharmacy, optometry, radiology, lab, sports medicine, podiatry, audiology and dental.
<b>Operational Medicine</b>	BHC Parris Island Second Deck	H: Mon-Wed, Fri 0700-1100 and 1300-1500 Thursday 0700-1200 P: 843-228-1318/1174	This office will assist with operational medical appointments and providing proper paperwork for most operational screenings including AA&E, MCWIS, Sergeants/Corporals Course, Re-enlistments, Final Physicals, and Separation Physicals etc. It also offers most immunizations required for medical readiness.
<b>MCRD PI Fitness Center</b>	Bldg. 111 Olongapo St. MCRD Parris Island, SC 29905	H: Mon-Fri: 0400-2100 Sat-Sun: 0600-2200 P: 843-228-1579 Personal Trainer: 843-228-1563 Facility Supervisor: 843-228-1504	Fitness is core to military readiness and overall well-being. Our Fitness Centers offer a wide variety of fitness programs to provide Marines and their families with resources to lead active healthy lives. Programs include free personal training for active duty, group exercise classes, and unit PT requests.
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<p><b>Semper Fit: Health Promotions</b></p>	<p>Bldg. 3012 Delalio Ave. MCAS Beaufort, SC 29904 Located in the Fitness Center</p>	<p>H: Mon-Fri 0700-1530 Semper Fit Health Promotions Coordinator: <a href="mailto:williamska@usmc-mccs.org">williamska@usmc-mccs.org</a> P: 843-228-7616</p>	<p>The goal of Health Promotion is to improve the quality of life and enhance readiness of Marines and Sailors through mitigation and elimination of unhealthy lifestyles. The program is designed to educate personnel about health risks enabling them to make informed decisions about their own health. Health Promotion offers a variety of classes including: Tobacco Cessation, Sexual Health, Nutrition Physical Fitness, Weight Management, Injury Prevention, and Chronic Diseases. Classes are scheduled upon request.</p>
<p><b>Youth Sports</b></p>		<p>Chuck Culpepper <a href="mailto:Culpepperch@usmc-mccs.org">Culpepperch@usmc-mccs.org</a> P: 843-228-7909 Weather Hotline: 843-228-1701</p>	<p>Youth Sports offers year-round programs for children ages 4-8 to build confidence, teamwork skills, and improve athletic ability. Programs offered include: tee-ball, football, soccer, basketball, fun runs, and more. Sports programs for children 9 and older are conducted though Beaufort County parks and Leisure Services (PALS).</p>
<p><b>WIC (Women Infant Children)**</b></p>	<p>U.S Department of Agriculture  Office of the Assistant Secretary for Civil Rights  1400 Independence Ave. Washington DC, 20250</p>	<p>Scdhec.gov/wic Phone: 843-379-9122 E-mail: program.intake@usda.gov</p>	<p>WIC is a nutrition program that provides nutrition education, monthly checks to buy healthy food, and referrals to other health and social services that can benefit the whole family. Women must be pregnant, breast feeding, or have recently had a baby to be eligible.</p>