

## Teens & Youth

# Is Life Feeling Heavy?

It doesn't have to.

moving again...

Uuugh... overwhelmed!

**EMERGENCY CRISIS**  
ON BASE: 911  
OFF BASE:  
081-568-4911

## Fleet and Family Support Center

Services are available to U.S. military, civilian and contractor family members. Counseling for individuals (children and adolescents) and their families.

- Office: 081-811-6372 / DSN 314-629-6372
- After hours: 331-691-8268

## Military OneSource

Counseling services are available to U.S. military family members 13 years and older.

- Worldwide toll-free: 00-800-342-9647
- Worldwide collect: 001-703-253-7599
- Telecom Italia: 800-172-405
- <https://livechat.militaryonesourceconnect.org/chat>

## Military Family Life Counselors

Military Family Life Counselors provide confidential non-medical counseling, consultation and outreach services to eligible children, youth, parents, faculty and staff both on and off military installations.

- **Child & Youth Programs:** 344-441-8751 or 347-840-1078
- **Elementary School:** 345-353-2301, 344-449-5509, 346-369-1675 or 345-853-8972
- **Middle / High School:** 345-937-8003, 348-117-8743 or 347-643-5193

## Employee Assistance Program

Links employees' family members to qualified local services and provides licensed confidential support to help with difficult issues.

- DONCEAP: 001-888-320-2917 or 001-888-262-7878
- NAF EAP: 001-800-932-0034



Scan for Mental Health Resources.



## Chaplain

Offers 100 percent confidential counseling with no reporting requirements for a wide variety of religious and non-religious issues. Chaplain services are available to military, civilian and contractor family members.

Capodichino 081-568-3535 / DSN 314-626-3539  
Support Site 081-811-4600 / DSN 314-629-4600  
After hours: 366-680-5972

## U.S. Naval Hospital

### Pediatrics and Family Medicine

To schedule an appointment with your primary care provider, call 081-811-6000 / DSN 314-629-6000 or visit [www.TRICAREonline.com](http://www.TRICAREonline.com).

## Local Resources

Joy Center: Supports the emotional, social and developmental needs of children from all U.S. military bases in Italy. 366-724-6600 or [www.joydirsi.org](http://www.joydirsi.org)

Reach Aut: Provides clinical individual and family support to any age group from childhood through adulthood. 342-800-6115 or [www.carelikehome.org](http://www.carelikehome.org)