

RESOURCE CARD



Joint Base Pearl Harbor Hickam Roadmap to Access Mental Health

Active-duty service members who want to access Mental Health services should follow the stepwise process below.

<p>Leadership and Command Support</p>	<ul style="list-style-type: none"> • Resilience, moral, teamwork • Stress: career, personal, or family 	<p>L/CPO, DIVO, or Dept Head Shipmate Air Force: supervisor, First sergeant, and/or Commander</p>
<p>Headspace Resource</p>	<ul style="list-style-type: none"> • Available to Navy AD only • Confidential mental health resources and support 	<p>Scan to download app and sign up for free</p> 
<p>Chaplain Services</p>	<ul style="list-style-type: none"> • 100% Confidential Counseling 	<p>Hickam Chapel: (808) 789-8111 Hickam After Hours (Command Post): (808) 448-6900</p> <p>Pearl Harbor Chapel: (808) 473-3971 PH After hours: (808) 368-3142</p>
<p>Military and Family Support Center (MFSC)</p>	<ul style="list-style-type: none"> • Relocation Assistance • Transition Assistance • Personal Financial Management • Employment Assistance • Life Skills • Information and Referral • Ombudsman • Intercultural Relations • Clinical Counseling 	<p>JBPHH Main Office: (808) 474-1999</p> <p>M&FRC Office (DAF): (808) 789-7360/7361</p>
<p>Family Advocacy Program</p>	<ul style="list-style-type: none"> • Comprehensive support for preventing and responding to domestic abuse and child neglect • Confidential advocacy services, safety planning, and resources including mental health counseling 	<ul style="list-style-type: none"> • Main Office: (808) 474-1999 • 4827 Bougainville Dr, 2nd Fl, Honolulu
<p>Military OneSource</p>		<p>Mil OneSource: (800) 342-9647</p>
<p>Military Family Life Counselors (MFLC)</p>	<ul style="list-style-type: none"> • Individual and Couples Counseling • Skills Training 	<p>MFLC: (808) 940-2337</p> <p>MFLC assigned to JBPHH for Tri-services</p> <ul style="list-style-type: none"> • Brooke Maloney: (571) 977-8593 • Claudia Katayani: (808) 319-3482 • Vanessa Mamhot: (808) 292-9196

<p><i>PCM/IDC/SMO</i></p>	<ul style="list-style-type: none"> • New or mild mental health concerns • Medication Management 	<p>Navy: (808) 473-1880 Air Force: (808) 448-6110</p>
<p>↓ NAVY EMBEDDED MENTAL HEALTH ↓</p>		
<p><i>NIOC EMH</i> <i>NIOC MLFC</i></p>	<ul style="list-style-type: none"> • Mental health concerns impacting work functioning • Mild mental health concerns 	<p>EMH Mental Health Provider</p> <ul style="list-style-type: none"> • LT Sharly Yowell LCSW: <ul style="list-style-type: none"> ○ (808) 653-1799 • Sharly.r.yowell.mil@us.navy.mil • Bldg 261, Saipan Dr, Wahiawa, Hawaii 96786 <p>MFLC</p> <ul style="list-style-type: none"> • Ms. Karen Emenheiser: <ul style="list-style-type: none"> ○ (571) 337-8636 <p>Chaplain</p> <ul style="list-style-type: none"> • LCDR Andrew Forester: <ul style="list-style-type: none"> ○ (808) 352-3842
<p><i>NCTAMS MFLC</i></p>	<ul style="list-style-type: none"> • Mild mental health concerns 	<p>MFLC</p> <ul style="list-style-type: none"> • Ms. Karen Emenheiser: <ul style="list-style-type: none"> ○ (571) 337-8636
<p><i>NCTAMS Chaplain</i></p>		<p>Chaplain LCDR Andrew Forester: (808) 352-3842</p>
<p><i>CYBER GROUP ONE</i> <i>CYBER SQUADRON ONE</i> <i>CYBER SQUADRON THREE</i></p>	<ul style="list-style-type: none"> • Mental health concerns impacting work functioning • Mild mental health concerns 	<p>EMH Mental Health Provider</p> <ul style="list-style-type: none"> • LCDR Yojana Garcia LCSW: <ul style="list-style-type: none"> ○ (808)653-1558 • Bldg 590, Polaris Dr, Wahiawa, Hawaii 96786 <p>MFLC</p> <ul style="list-style-type: none"> • Ms. Karen Emenheiser: <ul style="list-style-type: none"> ○ (571) 337-8636 <p>Chaplain</p> <ul style="list-style-type: none"> • LCDR Andrew Forester: <ul style="list-style-type: none"> ○ (808) 352-3842
<p><i>SUBMARINE READINESS SQUADRON THREE THREE</i></p>	<ul style="list-style-type: none"> • Mental health concerns impacting work functioning • Mild mental health concerns • Medication Management (for most EMH) • Individual and couple’s counseling • Spiritual care (100% Confidential Counseling) 	<p>*** Visit your IDC attached to your command for Mental Health referral***</p> <p>EMH Psychologist (SRS)</p> <ul style="list-style-type: none"> • LT Catherine Hanigan <p>Behavioral Health Technician (SRS)</p> <ul style="list-style-type: none"> • HM1 Brandon Eldridge: (808) 473-1817 <p>MFLCs (Building 1588)</p> <ul style="list-style-type: none"> • Dani Nachampassak-Abgayani: (571) 977-8519 • Kalani Mils: (571) 977-8523 • Erinnae Cline: (270) 963-8746 <p>Chaplain Team (Building 1588)</p> <ul style="list-style-type: none"> • LT Blum / CDR Uyboco: (808) 473-3981

<p>MIDPAC EMH MIDPAC MFLC</p>	<ul style="list-style-type: none"> • Mental health concerns impacting work functioning • Mild Mental health concerns • Medication Management (for most EMH) 	<p>*** Visit your IDC attached to your command for Mental Health referral*** EMH Waterfront Psychologist</p> <ul style="list-style-type: none"> • LCDR Daniel St. Clair: (808) 473-2388 <p>MFLC Listed Below</p> <ul style="list-style-type: none"> • Michael Aprile: (808) 202-6450 • Nicole Freeze: (571) 619-4378 • Carol Anne Gordon: (808) 202-7459 • Danielle Miller: (808) 202-7459
<p>↓ NAVY MENTAL HEALTH- SHORE COMMANDS ↓</p>		
<p>Navy Primary Care Behavioral Health (PCBH)</p>	<p>Behavioral health conditions</p>	<ul style="list-style-type: none"> • Dr. Luke Meier • JBPHH Appointment Line: (888) 683-2778
<ul style="list-style-type: none"> • Makalapa Mental Health Clinic • Substance Abuse Rehabilitation Program (SARP) 	<ul style="list-style-type: none"> • Mental Health diagnoses (i.e., depression, anxiety, trauma) • Substance Use Disorders 	<ul style="list-style-type: none"> • Mental Health:(808) 474-4242 x9-5325 • SARP: (808) 474-4242 x9-5221
<p>↓ AIR FORCE MENTAL HEALTH ↓</p>		
<p>Air Force Primary Care Behavioral Health (PCBH)</p>	<ul style="list-style-type: none"> • Behavioral health conditions 	<ul style="list-style-type: none"> • JBPHH Appointment Line: (888) 683-2778 • 15th MDG Ohana Clinic: 755 Scott Circle, Honolulu 96818
<p>Air Force Mental Health Clinic</p>	<ul style="list-style-type: none"> • Severe Mental Health diagnoses 	<ul style="list-style-type: none"> • Direct: (808) 448-6377 • 755 Scott Circle, Honolulu, HI 96818 (BLDG 554)
<p>Air Force Alcohol and Drug Abuse Prevention and Treatment (ADAPT) Program</p>	<ul style="list-style-type: none"> • Alcohol and Substance use concerns • Mental health concerns with alcohol & substance component 	<ul style="list-style-type: none"> • Direct: (808) 448-6377 • 755 Scott Circle, Honolulu, HI 96818 (BLDG 554)
<p>↓ EMERGENCY ↓</p>		
<p>Emergency Care</p>	<ul style="list-style-type: none"> • Suicidal ideation, thinking of harming self • Wanting to harm others • Erratic, bizarre, or abnormal behavior 	<p>911</p> <p>Tripler Army Medical Center: (808) 433-6661</p> <p>TAMC Emergency Room: (808) 433-3706</p>