

An ounce of prevention is worth more than its weight in GOLD!



Health & Fitness Division

Family Resource Guide

My child is sick/hurt	EMERGENCY Health Services Center TriCare Poison Center	911 450-3230 1-800-931-9501 1-800-848-6946
My child is feeling lonely/depressed/has low self esteem.	Chaplain's Office - Duty NAVHOSP Chaplain Brynn Marr Hospital Community Counseling Onslow County Behavioral Services	451-3210/5647/2414 450-4070 577-1400 451-2876/2864 353-5118
My child needs eyeglasses, food, and clothing, but my funds are low.	AS/YMCA	451-9569
I/my child need(s) an ID card	ID Card Center	451-1005
My child is having a difficult time coping w/parent deployed.	New Parent Support Program (NPSP) Ages 0-5	450-1540/1541
My child needs anger management classes.	Community Counseling Health & Fitness	451-2864 451-2865
My child needs to eat better.	Health Department Tricare	347-2154 1-800-931-9501
My child is bored and needs more activities.	Youth Pavilions (on base) Youth Sports	450-8674/450-1422 451-2177/2159

	Recreation Information (off base)	938-5315/5305 or 347-5332
	Boys/Girls Club	455-9003
	Armed Services YMCA (Ages 0-5)	451-9569
My child needs academic assistance.	Guidance Counselor at School Academic Study Center (CCCC) Onslow County Dept. of Education Tutoring Programs Base Education Lejeune High School Tutors	938-6259(GED/HS Diploma) 455-2211 ext. 237, 279, 291 451-3091 451-2451 ext. 274
No food or money	Navy-Marine Corps Relief Society WIC (located at TT) Food Stamp Office SHARE	451-5346/5644 450-0080/0081 938-9710 938-4357
I am feeling hopeless dealing with my children.	EMERGENCY Community Counseling Brynn Marr Suicide Hotline New Parent Support Program	911 451-2876/2864 577-1900 (24 hours) or 1-800-822-9507 450-1540/1541
I need general information.	Command & Transition Support Center	451-3212
I need a Base phone number.	Base Operator	451-1113
I need TriCare information.	TriCare	1-877-874-2273
I need dental information.	United Concordia	1-800-866-8499
I suspect spouse/child abuse.	EMERGENCY Family Advocacy Program Dept. of Social Services Child Abuse Hot Line Onslow Women's Center	911 451-2876/2864 455-4145 1-800-422-4453 347-4000
I need assistance with my newborn.	New Parent Support Program Visiting Nurses (NMCR) PEERS Health Department	450-1540/1541 451-5346/5644 938-5447 347-2154
I need police/fire/ambulance.	EMERGENCY	911
Military Police Desk	MCB Camp Lejeune (PMO)	451-2555
I need to notify my spouse of a death or family emergency.	American Red Cross ARC Military Emergencies	451-2182 (working hours) 347-3581 (after working hours) 1-877-272-7337
I need help with my budget.	Navy-Marine Corps Relief Society Navy Federal Credit Union Marine Federal Credit Union Health & Fitness	451-5346/5644 1-800-336-3767 577-7333 ext. 5277 451-2865
I have questions about family planning.	Health Services Center Onslow Co. Health Dept. Coastal Pregnancy Care Center	450-3230 347-2154 938-7000

I need someone to watch my children	Family Child Care/Admin 450-1500 (central office for all care) Drop-In Center, Brewster CDC 451-2672 Paradise Point 451-8875/8878 Tarawa Terrace/Saturday Night Care 450-1646 PEERS (free) limited space (off base) 938-5447 Childcare Resource/Referral (off base) 938-0336, ext. 227/228
I can't afford childcare.	Child Care Subsidy 455-4145
I need a pre-school for my children.	Camp Lejeune Schools 451-2461 Onslow County Schools 455-2211
I need some temporary household goods/etc.	Transition Support Services 451-3212
I need a temporary car seat for my child.	AS/YMCA 451-9569 Transition Support Services 451-3212
I have a family member with special needs.	Exceptional Family Member Program 451-9372 MCAS New River 449-5248 Early Intervention (on Base) 450-4127 Onslow Behavioral Health 577-1892/3864 Health Department 347-2154
Where can I get information about various services?	Transition Support Services 451-3212 New River FSC 449-6110
I think my teenager is drinking.	Alcoholics Anonymous 455-3666/910-794-1840 Alateen 1-888-4AL-ANON Onslow County Behavioral Health 353-5118
My teenager may be or is pregnant.	PEERS (Adolescent Parenting) 938-5447 Health Department 347-2154
How can I talk to my child about drugs?	Substance Abuse Treatment 1-800-662-4357 (24 hours) National Youth Crisis Hotline 1-800-448-4663
My teen is acting out (behavior).	Onslow County Youth Services 455-1202
My teen needs to go on a retreat.	CREDO 450-1668
My teen wants to be a certified baby sitter.	American Red Cross (off base) 347-3581

For more resource information, please call 451-2865.
Health & Fitness Division - "your one stop shop for training needs."

Revised August 2004

