

COPING WITH COVID-19 FINANCIAL STRESS

The COVID-19 outbreak may affect many aspects of your military life, including financial readiness.

If you and your family are experiencing challenges, there are a number of services to help you take control and minimize financial distress.

- Military OneSource**
 Provides confidential, short-term counseling to address financial issues such as basic budgeting, money management and debt.
- Navy Marine Corps Society**
 When you have urgent financial needs, our Quick Assist Loans can help. There's no application fee or appointment needed to get interest-free loans of up to \$500.
See if you qualify <https://www.nmcrs.org/pages/quick-assist-loan-qal>
- Federal Employee Education and Assistance Fund (FEEA)**
 The only independent, nonprofit 501c3 organization devoted solely to providing emergency financial assistance and scholarships to our dedicated civilian federal and postal public servants and their families. *More information can be obtained at: <https://feea.org/our-programs/>*
- The Office of Financial Readiness**
 Support a mission ready force through policy, programs and advocacy:
For more information call 1-833-200-0035 or email support@usalearning.net

FOR MORE INFORMATION ON COVID-19 PLEASE VISIT: WWW.CDC.GOV/COVID19



Call your healthcare provider if stress gets in the way of your daily activities for several days in a row.

MILITARY ONE SOURCE

Military Crisis Line at 800-273-8255, then press 1, or access online chat by texting 838255.



Non-Appropriated Fund Employee Assistance Program
 Call ACI at 800.932.0034 or email at eapinfo@acispecialtybenefits.com.



Connect with a Chaplain
 1-855-NAVY-311 - Text: navy311@navy.mil



DON Civilian Employee Assistance Program
<https://magellanascend> or by phone 1-844-DONCEAP



Connect with a Mid-Atlantic Chaplain 24/7
 1-757-438-3822



FLEET & FAMILY SUPPORT CENTERS MID ATLANTIC

HAMPTON ROADS, VA
 Dam Neck 757-492-6342
 Little Creek/Fort Story..... 757-462-7563
 Newport News 757-688-6289
 Norfolk 757-444-2102
 Northwest 757-421-8770
 Oceana 757-433-2912
 Portsmouth 757-953-7801
 Yorktown 757-887-4606

CONNECTICUT - New London..... 860-694-3383
 ILLINOIS - Great Lakes 847-688-3603 ext. 100
 NEW HAMPSHIRE - Portsmouth 207-438-1835
 NEW JERSEY - Earle..... 732-866-2115
 NEW YORK - Saratoga Springs..... 518-886-0200 ext. 146
 RHODE ISLAND - Newport 401-841-2283