

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. *For more information, call 1-800-342-9647 or visit www.militaryonesource.mil.*

Navy-Marine Corps Relief 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 at <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://magellanascentd.com> 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