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Wednesday, December 15, 2010

Commissary Wins National P&G Contest



By Jay Cope, NAS Whiting Field Public Affairs

The Naval Air Station Whiting Field Commissary took first prize in a nationwide competition, and a few patrons of the store turned out to be the winners.

Proctor and Gamble issued twenty \$25 store vouchers Dec. 9 on behalf of the NAS Whiting Field store. The vouchers were first prize in a sales contest of P&G products based on store sales, increase in sales and store size.

This was the second time in a year that the commissary had earned a prize through one of P&G's promotions. The promotions are based around their community outreach programs which include the United Services Organization (USO) and Special Olympics. A portion of the sales of P&G products from the commissary goes to support these organizations.

It was a pleasant surprise for Kim Jackson, the new store manager, who took charge of the store in October.

"This is my first time winning as a Store Director, and it was very exciting. This is our way of giving back to the Soldiers, Sailors, Airmen, Marines and Coast Guardsmen and their families for all they have done for us," she said. "I know that the customer will benefit from these prizes and watching them smile as they received the \$25 gift vouchers was very rewarding for me."

Dennis Read, a Proctor and Gamble representative, presents Naval Air Station Whiting Field Commissary Manager Kim Jackson with a trophy commemorating the stores grand prize finish in P&G's nation-wide promotion. U.S. Navy photo by Jay Cope.

NASWF Achieves Tree City Designation Again

With a few shovelfuls of dirt tossed over the roots of a river birch tree, Naval Air Station Whiting Field completed the annual requirements to be named a Tree City USA by the National Arbor Day Foundation. It is the 19th consecutive year the base has achieved the designation.

NAS Whiting Field is one of only seven Navy bases across the country to achieve the recognition that honors the urban forestry programs of cities and military bases in the United States. Communities must ensure an allocated cost is directed toward forestry projects (this has to exceed \$2 per person on the base), maintain an Urban Forestry Ordinance, and have a board with regular meetings. All of the requirements serve to raise the awareness of how important trees are to our society.

Ron Cherry, the natural resources manager for NAS Whiting Field emphasized the importance of trees during his remarks before planting the last of the three trees brought in



Capt. Pete Hall, Naval Air Station Whiting Field commanding officer, joins Ron Cherry, natural resources program manager, and Florida Division of Forestry representative Daniel Wesley in tossing the first shovels full of dirt on a river birch tree as part of the Tree City USA ceremony, Dec. 9. U.S. Navy photo by Jay Cope.

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Sailors Received NWU Clothing Allowances

From Chief of Naval Personnel Public Affairs

WASHINGTON (NNS) -- More than 44,000 Sailors received a one-time, targeted clothing replacement allowance (CRA) Nov. 15, to ensure they are fully compensated for their Navy Working Uniforms (NWU)..

Earlier this year, the Navy determined Sailors who entered recruit training between Oct. 1, 2007 and April 26, 2009, were either not issued a full set of NWUs or were not provided adequate clothing allowances for their purchase.

Once these Sailors were identified and the best method of ensuring proper compensation was determined, Chief of Naval Personnel Vice Adm. Mark Ferguson, announced the plan to issue the one-time payments recently received.

"With these payments, the Navy has ensured Sailors are fully and equally compensated for their uniforms," said Ferguson. "These affected Sailors now have the means to

maintain their professional appearance as the Fleet prepares to fully transition to the Navy Working Uniform."

Dec. 31, 2010, is the fleet-wide mandatory wear date of the NWU and is the deadline for the majority of Sailors to have a full complement in their seabags.

For those Sailors receiving the targeted payment, they will not be required to have a full complement until Sept. 30, 2011.

While the list of nearly 45,000 Sailors is the result of an exhaustive review, the Navy has also outlined an appeals process for those who feel thAfter logging onto BUPERS Online (BOL) to determine if they are eligible, and after reviewing their leave and earnings statements to see if they have received a payment, Sailors can contact Navy Personnel Command throughout the remaining fiscal year to request an appeal.

This Week in Naval History

Dec. 15

1943 - The Chief of Naval Operations issued the Bureau of Naval Personnel Circular Letter on non-discrimination in the Navy V-12 program.

1944 - Congress appoints the first three of four fleet admirals.

1965 - Gemini 6 is launched with Capt. Walter M. Schirra Jr. as Command Pilot. The mission included 16 orbits in 25 hours and 51 minutes. Recovery was by HS-11 helicopters from USS Wasp (CVS 18).

1988 - Earnest Will convoy operations to escort reflagged tankers in the Persian Gulf is ceased.

Dec. 16

1821 - Lt. Robert F. Stockton and Dr. Eli Ayers, a Naval surgeon and member of the American Colonizing Society, induce a local African king to sell territory for a colony, which eventually became the Republic of Liberia.

1907 - The Great White Fleet departs Hampton Roads, Va., to circumnavigate the world.

1922 - USS Bainbridge (DD 246) rescues 482 people from the burning French transport Vinh-Long.

1942 - Pharmacist's Mate 1st Class Harry B. Roby performs an appendectomy aboard USS Grayback (SS 208). It is the second appendectomy ever performed aboard a submarine.

Troops Enjoy Christmas Tree Gift

The fragrant, evergreen smell of Christmas will be evident through the homes of a few Naval Air Station Whiting Field service members, now that they have their Christmas trees courtesy of the Trees for Troops program.

Fifty trees were delivered to the base Dec. 9 for Soldiers, Sailors, Marines, Airmen or Coast Guardsmen to pick up free of charge. Within the first one-half hour, more than half the trees had already been picked up. All fifty went to a happy family by the end of the second day they were available.

The trees are donated by various tree growers across the country in cooperation with the Christmas SPIRIT Foundation. Donations help offset the cost of some of the trees as well as paying for the transportation of the trees via Federal Express.

In all, more than 50 military bases in 29 states receive trees through the programs from people who wish to express their appreciation for the sacrifices military members make through their service. Additionally, 1,700 trees were shipped overseas to personnel who are forward deployed.

Morale Welfare and Recreation (MWR) who supervised the distribution of the trees, coordinated with the Trees for Troops organizers to bring the program to NAS Whiting Field. This is the first year the trees have been available here, but it will hopefully, not be the last, MWR Director Joe Vukovcan said.

"We are very satisfied with the response we are receiving. When the families get to pick out the trees to take home, they are just tickled pink. It's a great program and we are looking forward to being able to do it again in future years."



Ensign Sam Germino, Training Squadron THREE, carries his free, Trees to Troops Christmas tree to his pick-up truck Dec. 9. The program provided 50 trees to Naval Air Station Whiting Field for service members for the holidays.

News and Notes

WikiLeaks Restricted to DoD Personnel - The recent WikiLeaks publicity has spawned many questions related to WikiLeaks and the accessibility to the information. WikiLeaks information is potentially classified and DoD has directed that military, civilian, and contractor personnel should not access the WikiLeaks website. WikiLeaks is not blocked by OSD and attempts to the WikiLeaks site are being monitored by the OSD Computer Network Defense Service Provider (CNDSP).

REQUESTED ACTIONS

1. Visit the Information Assurance Support Environment website and read the DoD WikiLeaks guidance, https://powhatan.iiee.disa.mil/webteam/content_pages/guidance.html

2. Do not attempt to access the WikiLeaks website or access WikiLeaks information using search capabilities.

3. Inform other DoD military, civilians, and contractor personnel of the DoD WikiLeak guidance.

Disney Military Salute - Disney resumed its Military Salute program Oct. 24 through Oct. 1, 2011. The program is for active duty military personnel, reservists, retirees, National Guardsmen, and other military members with valid identification card. The program entitles approved personnel to purchase six tickets for family members or friends at \$135.00 per four day hopper. Spouses can purchase if Military person is not available. Blackout dates do apply for the following dates: Nov. 24-26, 2010, Dec. 26-31, 2010 and April 14-17, 2011. For further information please feel free to contact Marcy or Theresa at ITT - 623-7032 ITT hours of operation are: 9-5 Monday-Friday.

Winterfest Performance Tour - Pensacola's premier winter event begins Friday from 6 to 8:30 p.m. and continues Dec. 4 from 5 to 8:30 p.m.; Dec. 10 and 17; 5:30 to 8:30 p.m.; and Dec. 18 and 19 from 5 to 8:30 p.m. The annual tour features 12 performances along an hour-long trip through downtown. Singing guides will accompany guests into a world of wonder. Tickets are \$18 for adults, and \$12 for children ages 10 and younger. Horse-drawn carriage rides for 20 minutes also are available for \$15 for adults, and \$10 for children ages 10 and younger. Reservations recommended. Visit www.pensacolawinterfest.org.

"The Informant" to visit UWF - Mark Whitacre, the subject of the movie "The Informant," starring Matt Damon, shares the story of his life, Wednesday, Jan. 12 at 6 p.m. Whitacre will share the compelling story of his life as a corporate whistleblower at the University of West Florida Conference Center, Bldg. 22. Limited seating is available. The presentation will last about 45 minutes followed by Q&A. For more information, contact UWF Internal Auditing at 850-474-2636 or email bbowers@uwf.edu.

Candlelight Tours by the Beach - Gulf Islands National Seashore will present a Candlelight Tour of Fort Barrancas on Saturdays, Jan. 8 and Feb. 12, 5:00 - 7:15 p.m. Superintendent Dan Brown announced today. The free tour highlights Pensacola in the Civil War. In addition, the Fort Barrancas Visitor Center with new museum exhibits, audiovisual programs, and bookstore will be open. Reservations are required and visitors should call (850) 455-5167 for tour reservations

Embry Riddle Registration - The Pensacola Campus of Embry Riddle Aeronautical University is now registering for the Spring term through January 10, 2011, 8:00-5:00 Monday through Thursday and 8:00-3:00 Fridays in Bldg. 634, Suite 033, 250



Pilot for a Day

Naja McCutcheon, 12, enjoys a little time on the fire hose during her chance to be "Pilot for a Day." Helicopter Training Squadron EIGHT sponsored her day, which included TH-57 simulator time, a taxi ride in a T-34, night vision goggle demonstration and more in addition to the fire house visit. U.S. Navy photo by Jay Cope.

Chambers Avenue, NAS Pensacola and Wednesdays, 9:00am-4:00pm in Bldg, 1417, Room 163 on NAS Whiting Field. Classes begin January 10, 2011.

Dockside Visits - A tall ship will Plaza de Luna in downtown Pensacola from Dec. 16 to Jan. 3. The 150-foot ship will be open to the public for free dock-side tours daily from 10 a.m. to 7 p.m., including all holidays. Called the Peacemaker, the ship was built in southern Brazil using traditional methods and fine tropical hardwoods. The ship was first launched in 1989.

PCC Holiday Skates -For a limited time, the Pensacola Civic Center is hosting holiday skates complete with twinkling ice, merry music, and sweet treats. The "Holiday Skates" sessions will be held Dec. 18 - 23. The one-hour sessions will be at 2, 3:30, 5 and 6:30 p.m. Tickets prices are: \$8 (includes skate rental) and \$5 (must provide own skates). Groups of 15 or more are \$6 per person (skate rental included). Tickets are available at the Civic Center Box Office, by phone at (800) 745-3000, or www.ticketmaster.com (additional fees may apply).

Milton Christmas for Seniors - The City of Milton will host a Christmas celebration for senior citizens on Dec. 20 at the Milton Community Center, 5629 Byrom St. Line dancing classes will start at 10 a.m. The cost is \$3 per person. Games and free refreshments will be provided from 10 a.m. to 11:45 a.m. A free pizza lunch will be held at noon and bingo will start immediately after. The cost per bingo card is \$1. Winners will receive cash and a prize each game. Seating is limited to 50 guests. RSVP by Dec.15. For more information or to reserve a seat, contact Linsey Williamson at (850) 983-5466 ext. 4208 or miltonparks@ymail.com.

Military Appreciation Game - The University of West Florida Athletic Department would like to invite all active duty/retired military and their families to the Argonauts home basketball games on Saturday, Jan. 15 for "Military Appreciation Night."

Upcoming Events

Dec. 16, 1000 - Santa Arrives to CDC - Via Helicopter
Dec. 17, 1300 - Winging Ceremony - Base Auditorium
Dec. 17, 1300 - NASWF Safety Stand Down - Sikes Hall

Dec. 25, - Christmas Day
Dec. 31, 1730 - First Night Celebration - East Milton Park
Jan 1 - New Years Day

Helping Youths Ace the Game of Life

- First Tee of Northwest Florida Helps Kids Learn Life Skills While Picking Up Golf

Mastering the game of golf is no easy task; one must become proficient with technical, mechanical, and physical skills, while also gaining an understanding the rules and etiquette of the game. First Tee is a program that not only seeks to teach children and teens the intricacies of the game, but also impart valuable life lessons in the process.

The program gained a foothold in the Northwest Florida area over the past few years at several area golf courses, and now Naval Air Station Whiting Field is getting into the game. PGA trained golfer John Walker is teaching an introductory six-week course to First Tee to help get youth started in the program. His last class of the current session will be held Saturday, Dec. 18 from 9-11 a.m. It is not necessary to begin with the first class to participate, but he will begin a new program in January for interested participants.

The program uses plastic clubs and balls to help kids learn without resorting to equipment that is often too big for them. Classes are generally held at the Whiting Pines

community center and incorporate practical golf lessons interspersed with lectures about respect and good sportsmanship.

"It's a very easy way to teach, and a great way to get these kids interested in the game," Walker said. "We don't just want them to enjoy the course, but we want them interested in golf for a lifetime."

Students who complete the program at NAS Whiting Field generally move on to the First Tee program at either A.C. Read Golf Course, Stonebrook, Osceola Municipal or Tanglewood.

According to their website, the mission of The First Tee of Northwest Florida is "to positively impact the lives of young people by promoting character development and life-enhancing values through the First Tee's 'Life Skills Learning Experience' and the great game of golf."

Students attend weekly lessons as a part of the Life Skills Experience, where they are introduced to the basics of

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BBB Provides Tips on How to Give Responsibly

Pensacola, Fla. (Dec. 10, 2010) – Every holiday, billions of dollars are donated to worthy causes and now more than ever charities need the support of donors to help those who are struggling. Your Better Business Bureau wants to help donors avoid five common mistakes to help maximize their dollar in these tough economic times.

"With so many people out of work and in need, it's extremely important that you maximize the impact your holiday donations have by avoiding the common giving mistakes," said Norman Wright, president and CEO of your BBB|Northwest Florida. "A smart donor takes a hard look at a charity's programs, finances and governance before making a donation. While almost all charities have the best of intentions, not all organizations meet standards or are well managed."

Your BBB recommends that donors avoid these common mistakes when donating to a charity this holiday:

1. Assuming that only "low overhead" matters. How much money a charity spends on the actual cause—as compared to how much goes toward fundraising and administration—is an important factor, but it's not the whole story.
2. Failing to do your research before you give. Even good friends may not have fully researched the charities they endorse, so don't just take their word for it. Expertise is available. Go to www.bbb.org/charity
3. Succumbing to high-pressure, emotional pitches. Giving on the spot is never necessary, no matter how hard a telemarketer or door-to-door solicitor pushes it. The charity that needs your money today will welcome it tomorrow.
4. Assuming that the charity wants any item you donate. Worn out, unusable or unwanted donated goods cost charities millions of dollars each year because the organization has to bear the cost of tossing the unacceptable donation.
5. Mistaking a charity's identity. With so many charities in existence, their names can blur in a donor's mind and similar-sounding organizations are common. Be sure you know which charity you're supporting.

Donors can check out BBB evaluations on local soliciting charities for free by calling 850.429.0002, 800.729.9226 or starting with bbb.org.



First Tee

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skillful golfing through exercises and fun activities. During the lessons, they also learn about the importance of maintaining a positive attitude, how to make good decisions by thinking through possible consequences, and how to define and set goals on the golf course and in life.

Students in the program advance through The First Tee Certification levels of Player, Par, Birdie, Eagle, and Ace, while gaining insight about themselves and others through each stage. They are also offered the opportunity to participate in golf tournaments throughout the year, such as the upcoming 17th Annual Tom Dorsey Tournament on December 27th and 28th. These events allow the students to test their skills and see a concrete product of their improvement in golf, while enjoying fun, healthy competition.

Along with life skills, First Tee is also committed to promoting academic excellence in their students. They are encouraged to hold high standards for themselves in all aspects of life, not just their golf game. Through the "Honor Roll" recognition program, students are rewarded based on

their report cards. Participants who earn all As and/or Bs are awarded certificates signed by executive director of the program, Joe Louis Barrow, Jr. Additionally, First Tee offers Scholarship opportunities for over 20 colleges and universities throughout the country which they have partnered with. The scholarships are merit based and are awarded in the categories of Academics, Leadership Skills, Character Development, and Chapter & Community Involvement.

First Tee strives to as many youth as they can. The program is accessible and affordable to youth of all backgrounds, diversities, social strata and physical abilities, regardless of income or ability to pay. The Northwest Chapter was founded in 2004.

"It's exciting to teach the kids something really good for them. It gives them something to do - something important to learn, while mom and dad may not be at home," Walker said about the program.

Anyone interested in signing up for the First Tee program should contact MWR at 623-7502 extension 1.

Plan Safety First This Holiday Season

The cold weather is here and it is beginning to feel a lot like Christmas, so we here at Fire & Emergency Services Gulf Coast want to share some valuable safety tips with you. Decorating your home involves several concerns – Live Trees, Electrical Hazards, Candles and Cooking.

Live trees – make sure you trim the bottom of the trunk so it can absorb the water, keep your tree well watered and check the needles every few days to ensure the needles are not falling off, a sure sign your tree is drying out.

Electrical – Inspect all your lights for frayed or pinched and exposed wiring. Ensure you use the proper lights interior or exterior due to the elements, pay special attention how you attach your lights – we recommend the plastic clips, don't use staples or nails. We don't recommend the use of extension cords but there is always the "people factor"; so if you use extension cords do not overload them and check your amperage rating.

While we on are electrical – if you use space heaters of any type maintain a 3 foot clear zone around the heaters.

Candles – Candles come in so many different fragrances, styles and sizes – never leave them unattended especially around children, blow them out before you go out and finally be careful of painted decorative candles as they can suddenly put forth a high flame from the paint, always have your candles on a noncombustible surface.

Cooking – Ah, time to prepare for dinner – never leave the cooking unattended, if you leave the stove even for

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Use Caulking and Weatherstripping

Simple leaks can sap home energy efficiency by 5 to 30 percent a year, according to the U.S. Department of Energy. That means it pays to seal up gaps with caulking and weatherstripping. Take a close look at places where two different building materials meet, such as corners, around chimneys, where pipes or wires exit and along the foundation. Use the incense test: carefully (avoiding drapes and other flammables) move a lit stick along walls; where the smoke wavers, you have air sneaking in. And heating or cooling sneaking out. In another method, have someone on the outside blow a hair dryer around each window while you hold a lighted candle inside. If the candle flickers or goes out, you need to caulk or weather strip around the frame. Low-income households can qualify for an average of \$6,500 worth of weatherization improvements to their homes through government programs administered by each state. Find out about your state's program by contacting local energy agencies.

Put on a Sweater

Make like Jimmy Carter and dress warmer for winter, even inside. Gone are the days (for most of us at least) when we can afford to lounge around in our underwear while it's frosty outside. Remember what we said about each degree on the thermostat costing you money? Roughly speaking, a light long-sleeved sweater is worth about 2 degrees in added warmth, while a heavy sweater (even the ugliest of ugly sweaters) adds about 4 degrees. So cozy up and start *saving*.

See www.thedailygreen.com for more tips.

Military / Community to Enjoy "First Night" Santa Rosa

The greater Santa Rosa County community will have an opportunity to enjoy a new and exciting New Years Eve celebration, Dec. 31 at East Milton Park. "First Night Santa Rosa" will bring together military families and Santa Rosa County residents for an exciting night filled with live concerts, talent competitions, food and craft vendors, carriage rides, and much more. The evening will be topped off with a spectacular fireworks show.

First Night Santa Rosa is a family friendly event planned to provide an entertaining evening in a non-smoking and alcohol free environment. The event will feature Outdoor concerts featuring Christian Country Music sensations Jayc Harold and the award winning band Cross Country. Other activities include: a Santa Rosa's got Talent show, Santa Rosa County Schools Art Expo, Little Miss First Night pageant, a children's fun zone, carriage rides, vendors, carnival food, local performers and more. Naval Air Station Whiting Field will partner with other event supporters to provide a hospitality tent for the festivities. SRW Fireworks, Inc. – the same fireworks specialists that performed the City of Milton's July 4 celebration – will conduct the fireworks show as the culminating event of the evening.

"This event is all about kids having fun with family and friends," Jeannie Hensel, the chairperson for First Night Santa Rosa, said. "This is a family oriented event where kids (teens included) can celebrate New Year's Eve along with their parents and grandparents while embracing all the amazing resources Santa Rosa County has to offer. Needless to say, we are excited about the evening."

Feature performer, CrossCountry, in addition to being well known for their Christian Rock roots, are a popular cover band for Country and Southern Rock staples. The band was started in the early 90's by lead singer/songwriter Leo Johnston and since has performed at a variety of venues coast to coast, receiving numerous regional, national and even international awards. These awards include being named the ICMA (Inspirational Country Music Awards) Entertainers of the Year in 2008 and 2009 as well as the ICMA Vocal Group of the Year in 2007.

The band also recently performed at the 16th Annual Inspirational Country Music Awards along with Carrie Underwood and Ricky Skaggs. Local entertainers will set the stage beginning at 5 p.m. for the featured performers, and music will run throughout the evening. Fireworks will begin at 9:30 p.m.

Regular admission and VIP packages are available for advanced sales at area PenAir Federal Credit Unions. Regular admission is \$5 in advance and \$7.50 at the gate. Children under 5 years old are admitted FREE. VIP passes available for \$25 include preferred seating, parking, and refreshments in a heated VIP tent. For more information visit www.FirstNightSantaRosa.com or contact Jeannie Hensel at (850) 637-7627, email: info@firstnightsantarosa.com.

2010 FIRST NIGHT
Santa Rosa
A new kind of Party for a New Year!
Friday, December 31st
Gates Open at 5 p.m.
Fireworks Spectacular at 9:30 p.m.
East Milton Ball Park
Home of the Santa Rosa County Fair
\$5 in advance \$7.50 at the gate
www.FirstNightSantaRosa.com
NAS Whiting Field Boys & Girls Club
Santa Rosa Medical Center Bay Cakery
Mediacom Pen Air Federal Credit Union

Tree City USA

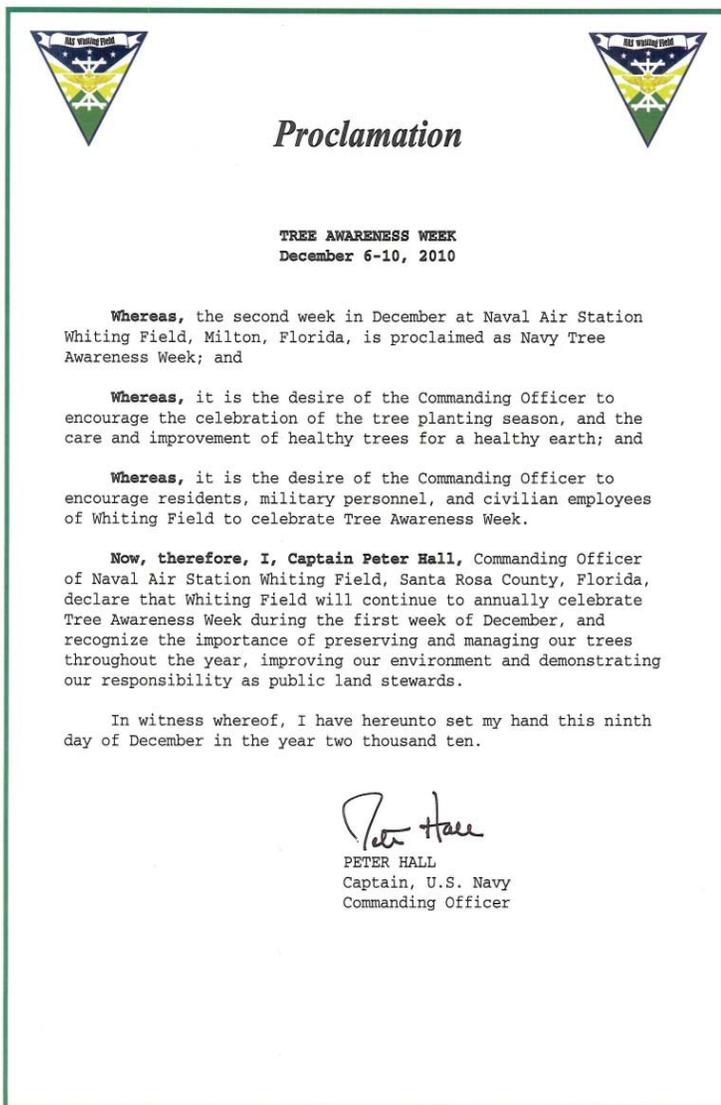
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for the occasion. The trees were placed in front of the base fire department.

Cherry cited USDA sources maintaining that trees help prevent erosion runoff (100 mature trees can prevent 100,000 gallons of runoff), they reduce temperatures, increase property values, and create a more peaceful environment which is thought to help children with ADHD and lessen crime.

Following Capt. Pete Hall's reading of the proclamation announcing NAS Whiting Field's recognition as a Tree City USA, the tree was planted and the banner draped across its limbs.

"When you drive onto a Navy base with the tree lined roads and manicured grounds, you feel as if other things are taken care of as well," Mark Gibson, natural resources program manager NAS Pensacola, said. "It is a real benefit in so many ways."



Holiday Safety

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a moment turn your burners off or remove them – a quick incoming phone call or distraction by a child is all it takes to start a fire that can ruin your festive occasion. Keep the handles turned in especially around children, we recommend that children stay out of the kitchen, also don't wear loose fitting clothing where a sleeve can catch a handle.

Heat Sources – Have you had your furnace, fire place or other heating source inspected this year, if not we recommend you get a certified or licensed technician and have it done, loose vent pipes can be dangerous.

Smoke Detectors/Carbon Monoxide Detectors – Ensure you have new batteries in both these devices, test them monthly, both these devices can save your life. Carbon Monoxide detectors should be installed anywhere you use fossil fuel – such as hot water heaters, gas stove, furnaces, fire places, LP gas or attached garages.

Finally know your emergency reporting numbers, two ways out and a meeting place in the event of fire. We here at Fire & Emergency Services Gulf Coast wish you a safe and Merry Christmas.

Below is a web site that The United States Fire Administration (USFA) and the National Fire Protection Association (NFPA) are working together on with various Winter Safety Tips - http://www.usfa.dhs.gov/citizens/home_fire_prev/holiday-seasonal/winter.shtm

TRICARE Notes BEHAVIORAL HEALTH CARE FOR ACTIVE DUTY SERVICE MEMBERS

It is common for active duty service members (ADSM) to experience feelings of stress, depression and anxiety. There are positive, proven methods for dealing with trauma and grief, and TRICARE ensures that behavioral health is available to you, if and when you need it.

Getting Started

Take the first step by talking to your primary care manager (PCM). Your PCM can help determine which type of care is best for you.

For more information, visit the Behavioral Health Portal at www.humana-military.com or call Humana's behavioral health care partner, ValueOptions at 1-800-700-8646.

Emergency Care

If you have a behavioral health emergency, call 911 or go to the nearest emergency room.

Nonemergency Care

Always seek nonemergency behavioral health care at an MTF, if possible. If an MTF is not available, your PCM will refer you for civilian care.