



## Ombudsman Resource - Quick Contacts

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### **MILITARY ONE SOURCE**

1-800-342-9647 or visit [www.militaryonesource.mil/](http://www.militaryonesource.mil/)

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### **NAVY-MARINE CORPS RELIEF SOCIETY**

619-767-6800 or visit <https://www.nmcrcs.org/locations/entry/san-diego>

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### **AMERICAN RED CROSS**

Emergency/ After Hours: 1-877-272-7337

Emergency Communication Messages/Hero Care: <https://www.redcross.org/get-help/military-families/emergency-communication.html>

ARC Southern California: 858-309-1200 or visit [www.redcross.org/socal](http://www.redcross.org/socal)

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### **NBSD RELIGIOUS PROGRAMS/CHAPELS**

NBSD Chaplain's Office: 619-556-2658

Murphy Canyon Chaplain's Office: 858-268-2213

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### **SEXUAL ASSAULT**

NBSD Duty SAPR VA: 619-279-2904

DoD Safe Helpline: 877-995-5247 or visit <https://safehelpline.org/>

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### **FFSC SD FAMILY ADVOCACY PROGRAM (DOMESTIC VIOLENCE/CHILD ABUSE)**

FFSC Counseling and Assistance: 619-556-8809

San Diego Family Justice Center: 866-933-4673 or visit

<https://www.sandiego.gov/sandiegofamilyjusticecenter/fjcinfo>

San Diego County Child Abuse Hotline: 858-560-2191

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### **SUICIDE RESOURCES**

Veterans Crisis Line: 1-800-273-8255

Military OneSource: 1-800-342-9647

Tricare: 1-800-874-2273