



BOUNCE BACK FROM STRESS WITH MCCS

FAMILY ADVOCACY PROGRAM (FAP)

FAP is here when life tests you and your family's strength.

Relationship Support

- Improve communication with classes on healthy relationships.
- Less conflict = less stress.

Mental & Emotional Wellness

- Seek confidential counseling for individuals, couples, and families.
- Take Century Anger Management classes and learn some healthy practices for managing stress and anger.
- Join a stress management class, to improve time use, shift mindset, and practice calming techniques

Parenting Support

- Reach out to [New Parent Support Program](#) for resources, home visits, and guidance.
- Take parenting classes that offer strategies for a positive family environment.

Community Connection

- Connect with fellow parents and grow your local community through NPSP playgroups and activities.

Advocacy

- Receive confidential help and safety planning for those experiencing abuse.

Reach out to your local [FAP office](#) today—it's a sign of strength.

SUBSTANCE ASSESSMENT AND COUNSELING PROGRAM (SACP)

Receive support for informed, healthy decisions—confidential and judgment-free.

Prevention & Education

- Prime for Life courses help you understand your risk for substance misuse and how to prevent it.

Counseling

- Work with a counselor to identify your personalized needs, goals, and strengths.
- Set your own recovery goals with non-medical support.
- Build skills that help you prioritize your goals and your wellbeing

Aftercare Plans

- Stay on track with tailored follow-up and community resources.

Visit [SACP](#) to start your journey today.

OPERATIONAL STRESS CONTROL AND READINESS (OSCAR)

OSCAR Teams Have Your Six: You don't have to do it alone—Marines look out for Marines.

- OSCAR Teams build connection and boost morale.
- We listen, support, and link you to MCCS resources.
- Resilience starts with unit trust—let's crush stress together.
- If you want to learn more about OSCAR Team Training, email the Headquarters Marine Corps Combat and Operational Stress Control Capability at HQMC_COSCC@usmc.mil.



COMMUNITY COUNSELING PROGRAM (CCP)

Life can hit hard—CCP offers tools to help you adapt, recover, and thrive.

Prioritize and Plan

- Build a plan with your counselor that prioritizes your wellness goals.
- Talk to your counselor about how sleep, nutrition, and physical activity support your priorities and goals.
- Set goals that are achievable—don't overcommit.

Build Resilience

- Lean on strong relationships.
- Practice self-care and do more of what brings you joy.

Practice Mindfulness

- Use meditation, deep breathing, and muscle relaxation.
- Focus on the present to calm your mind.

Manage Stressors

- Identify triggers and write them down.
- Say “no” when needed and delegate when possible.
- Set boundaries to ensure your time is spent with people and activities who strengthen you.
- Reframe negative thoughts—find the positive.

Key Principles for Effectiveness

- Remember: Consistency, personalization, early support, and seeking help are key.

Contact your local [CCP](#) to learn more.

SEXUAL ASSAULT PREVENTION & RESPONSE (SAPR)

SAPR offers support for survivors and tools for prevention.

Advocacy Services

- Sexual Assault Response Coordinator (SARCs) and SAPR Victim Advocates (VA) offer confidential support and explain your options.

Reporting Options

- Unrestricted Reporting launches investigation and command support.
- Restricted Reporting offers confidential support with no command involvement.
- You have the option to convert your restricted report to unrestricted at any time.

Education

- SARCs and SAPR VAs offer rank group-specific annual training and can partner on other activities to promote prevention and resilience.

Connect with your local SARC or [SAPR](#) Victim Advocate for more information.

