

## Counseling, Active Duty and Retired Military and Families, NAS Oceana

### Age Requirements

18 and over

Available 24/7

No

### Other Eligibility Criteria

Serves active duty or retired military and their families.

### Family

No

### Intake Process

Telephone referral and walk-ins accepted.

### Intake Contact Telephone

(800) 372-5463

### Self Refer

Yes

Fleet and Family Support Center, Oceana

[http://www.cnic.navy.mil/regions/cnrma/installations/nas\\_oceana/ffr/support\\_ser...](http://www.cnic.navy.mil/regions/cnrma/installations/nas_oceana/ffr/support_ser...)

[https://cnic.navy.mil/regions/cnrma/installations/ns\\_norfolk/ffr/support\\_servic...](https://cnic.navy.mil/regions/cnrma/installations/ns_norfolk/ffr/support_servic...)

### Main

(757) 433-2912

Toll-Free

(800) 372-5463

### Naval Air Station Oceana

1896 Laser Road

Suite 120

23460-2281 VA

United States

Monday: 8:00 am-5:00 pm

Tuesday: 8:00 am-5:00 pm

Wednesday: 8:00 am-5:00 pm

Thursday: 8:00 am-5:00 pm

Friday: 8:00 am-2:30 pm

Saturday: Closed

Sunday: Closed

Fee Structure

No Fee

Languages Spoken

English

The Fleet and Family Support Center provides crisis intervention by phone and to walk-ins, as well as, scheduled visits for personal and family counseling. Information and referral is offered on mental health and family issues. Prevention education such as parenting, stress management, anger management, and communication classes available.

Fleet & Family Support Centers of Hampton Roads provides short-term, counseling and crisis intervention for active duty service members and their spouses.

Service Area(s)

Virginia Beach City