



Lapse in Appropriations Resource Information



An online copy of this, and other, resource information can be found at:

<https://www.dcms.uscg.mil/budget>

“In this period of fiscal uncertainty, our workforce is deployed, standing the watch, and committed to supporting the mission. Despite the current lapse in appropriations, your Devotion to Duty remains steadfast”

– Admiral Karl Schultz, Commandant

The current lapse in appropriations has created uncertainty for the Coast Guard and its people. The following resources are provided in order to better support your information needs so that you can be better positioned to meet your needs, and those of your families. Never forget, the Coast Guard *will ALWAYS be there* for you; our goal is to help you **Stay Informed**, **Stay Safe**, and **Stay Engaged**.

<p>Stay Informed Getting you the best information possible.</p>	<p>You need the best and most recent information available in order to make informed decisions for you and your family. As the situation changes the Coast Guard <i>will</i> keep you informed by employing a variety of methods including email, message traffic, alerts.</p> <p>The Coast Guard has also established a shut-down related website which will be updated regularly to ensure you have the most up-to-date and authoritative information possible. This site contains the most recent communications from Coast Guard leadership as well as Frequently Asked Questions (FAQs) and other resources.</p> <p>If you have questions, you should engage your supervisor, Chief, or CO first. If they are unable to provide you an answer submit your question to 2019LapseQuestions@uscg.mil for review and possible inclusion on the FAQ list.</p>
<p>Stay Safe Helping you take care of yourself before trying to decide what to do next.</p>	<p style="text-align: center;">Uncertainty can fuel anxiety. <i>You ARE NOT alone!</i></p> <p>The Critical Incident Stress Response program can help. This, and information on other Work-Life programs can be found on the HSWL mobile app: United States Coast Guard Health, Safety, and Work Life (HSWL) app</p> <p>The CG SUPRT program is also available to provide assistance with stress issues, relationship issues, work issues, depression, and suicide prevention. Information can be found on the HSWL mobile app or at http://www.cgsuprt.com/.</p> <p>Coast Guard Chaplains are also here to listen to you. Don't hesitate to reach out at https://www.uscg.mil/Leadership/Senior-Leadership/Chaplain-of-the-Coast-Guard/Locations or call 855-872-4242.</p>
<p>Stay Engaged Tightening the bonds of our Coast Guard Family.</p>	<p>Times like these call for intrusive leadership. We <i>all</i> have a duty to each other to ensure we demonstrate empathy, convey key information, and identify and ensure our most vulnerable shipmates get the assistance they need. If you need help, don't hesitate to ask!</p> <p>The Coast Guard Legal Assistance program can help provide advice and counsel regarding personal legal issues to service members and dependents at no cost. https://www.uscg.mil/Resources/legal/LMA/Legal_Assistance/.</p> <p>Coast Guard Mutual Assistance (CGMA) is available to provide interest free loans with a focus on the junior workforce. A list of local CGMA representatives can be found at http://www.cgmahq.org/ or by calling 800-881-2462.</p>



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Resource	Services	Phone Number	Online Resource
CG Lapse in Appropriations Updates	Authoritative source of information in support of Coast Guard active, reserve, civilian, and retirees impacted by the partial government shutdown.		https://www.dcms.uscg.mil/budget/
HSWL Mobile App	Information about the Coast Guard support programs and services to CG members and their families.	Available via App Store (iPhone) & Google Play Store (Android)	United States Coast Guard Health, Safety, and Work Life (HSWL) app
CG Mutual Assistance	Interest free loans, personal grants, education assistance, financial counseling, outreach program.	800-881-2462	http://www.cgmahq.org/
Chaplain Services	Provides, facilitates, cares, and advises members and families during times of need.	855-872-4242	https://www.uscg.mil/Leadership/Senior-Leadership/Chaplain-of-the-Coast-Guard/Locations/
Legal Assistance	Provides advice and counsel regarding personal legal issues to service members and dependents at no cost		https://www.uscg.mil/Resources/legal/LMA/Legal_Assistance/
CGSUPRT	Provides assistance with stress issues, relationship issues, work issues, depression, and suicide prevention.	855-247-8778	http://www.cgsuprt.com/
Ombudsman	Provides information and referral resources for Coast Guard families.		https://cgombudsmanregistry.org/?m=login
DoD Safe Helpline	Report sexual assault, recovery support services.	877-995-5247	https://safehelpline.org/
National Sexual Abuse Hotline		800-656-HOPE (4673)	https://www.rainn.org/
National Suicide Prevention Lifeline	Provides 24/7, free and confidential support for people in distress, prevention and crisis resources.	800-273-TALK (8255)	https://suicidepreventionlifeline.org/
Substance Abuse Prevention	Non-punitive program to support members needing assistance for substance abuse issues.	757-628-4329	http://www.cgsuprt.com/
TRICARE www.tricare.mil/	Obtain emergent information on TRICARE updates for those beneficiaries living in affected regions.	TRICARE East: 1-800-444-5445	https://www.humanamilitary.com/
		TRICARE West: 1-844-866-9378	https://www.tricare-west.com/
Banking	Your bank may offer programs that will provide you financial resources during the current lapse in appropriations. NOTE: Payday loans and credit card advances are NOT recommended due to the potential high interest rates associated with them.		Various
Mortgage Relief	Your mortgage lender may have assistance programs in place to address payment or other concerns.		Various
Coast Guard Chief Petty Officers Association	Provides leadership, guidance, and advocacy for the needs of Coast Guard people.		https://www.uscgcpoa.org/
Coast Guard Retiree Services Program	The National Retiree Help Desk is available to assist retirees or their spouses with benefits related questions.	833-224-6743	https://www.dcms.uscg.mil/Our-Organization/Assistant-Commandant-for-Human-Resources-CG-1/Retiree-Services-Program/
National Council of Coast Guard Spouse's Clubs	Connects Coast Guard spouses in an effort to promote the best intentions for the Coast Guard Community.		http://www.nationalcouncilofcgsc.org/index.html