

## Work-Life Resources

### CG SUPRT PROGRAM

Free professional counseling, health coaching, education, and referral services for many issues such as relationship discord, depression, legal and financial challenges, health improvement, and balancing work and life demands.

Call 24/7

855-CG SUPRT (247-8778)  
www.CGSUPRT.com



### NATIONAL HOTLINES

#### Sexual Assault

Safe Helpline  
877-995-5247

www.SafeHelpline.org

#### Child Abuse

800-4-A-CHILD (422-4453)  
www.childhelp.org

#### Domestic Violence

800-799-SAFE (7233)  
www.thehotline.org

#### Suicide Prevention Lifeline

1-800-273-TALK (8255)

www.suicidepreventionlifeline.org

#### Crisis Text Line

www.crisistextline.org

Text the word HOME to 741741

### READY COAST GUARD

www.ready.gov

Information, checklists, and printable forms to prepare for emergencies, including natural disasters and potential terrorist attacks.



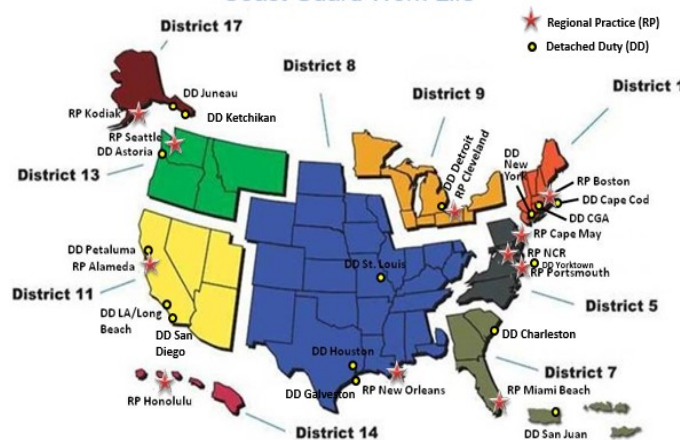
To contact the Work-Life staff nearest you, call 1-202-475-5100 and enter the appropriate extension listed below:

Alameda	(6)
Astoria	(7)
Boston	(1)
Cape Cod	(1)
Cape May	(2; press 1)
Charleston	(3)
Cleveland	(5)
Detroit	(5)
Honolulu	(8)
Houston/Galveston	(4)
Juneau/Ketchikan	(9)
Kodiak	(9)
LA/Long Beach	(6)
Miami Beach	(3)
New Orleans	(4)
New York	(1)
Petaluma	(6)
Portsmouth	(2; press 3)
San Diego	(6)
San Juan, PR	(3)
Seattle	(7)
St. Louis	(4)
Washington DC	(2; press 2)
Yorktown	(2; press 3)

Download the HSWL APP from the Apple Store or Google Play for resources and information on the go.



### Coast Guard Work-Life



Rev. 15 APR 2020

# U.S. COAST GUARD



*Providing timely work-life guidance and information to Coast Guard commands, employees, and family members to strike a reasonable balance between the needs of the Coast Guard and the needs of our members and their families.*



## Work-Life Programs and Services



The Coast Guard recognizes that Work-Life balance is critical to individual and organizational success. Work-Life Programs provide resources for the entire Coast Guard family.

Service delivery of Work-Life Programs is accomplished by Work-Life Staff assigned to Health, Safety, and Work-Life Regional Practices (HSWL RP) Coast Guard wide.

These Work-Life specialists administer their respective programs per Commandant (CG-111) and HSWL Service Center directives. They coordinate a myriad of program elements as specified by these directives, including training, mandatory reporting, marketing, measuring and evaluation, networking with local care providers, education and outreach.

Whether preparing for deployment, PCS move, or an emergency event, in times of stress or joy, your work-life staff is committed to connecting you with the highest quality information, resources, and services.



## Behavioral Health Programs

### Health Promotion

- Health Risk Assessment ([WWW.CGSUPRT.COM](http://WWW.CGSUPRT.COM))
- Health Coaching ([WWW.CGSUPRT.COM](http://WWW.CGSUPRT.COM))
- Tobacco cessation ([WWW.UCANQUT2.ORG](http://WWW.UCANQUT2.ORG))

### Substance Abuse Prevention

- Substance misuse and abuse prevention
- Screening, education and treatment for Active Duty CG members

### Family Advocacy

- Family and Intimate Partner assessments, intervention and counseling
- Domestic violence awareness, education, prevention, and treatment
- Case management
- Victim advocacy
- Information, referral and support

### Sexual Assault Prevention

- Prevention and awareness
- Resources and support
- Victim advocacy

### Employee Assistance

- Suicide awareness & prevention
- Workplace violence & threatening behavior prevention and intervention
- Critical Incident Stress Management (CISM)
- Victim and witness assistance
- Elder care

## Family Services Programs

### Family Support Services

- School liaison and scholarship assistance
- Adoption reimbursement
- Deployment assistance



### Personal Financial Management

- Financial education and training
- Financial counseling
- Financial resources, info and referrals

### Special Needs

- Assistance and resources for family members with special needs
- Guidance on program requirements and enrollment responsibilities

### Transition & Relocation

- Job search and career planning
- Retirement and transition seminars
- Resume writing assistance
- Spouse employment assistance
- Separation and Relocation resources

### Ombudsman

- Training, resources, and assistance for Ombudsmen and commands
- Family Readiness

### Childcare

- Center-based child care
- Housing-based child care
- Resource and referral

