

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

988 Suicide & Crisis Lifeline

988 (call or text)

988lifeline.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.



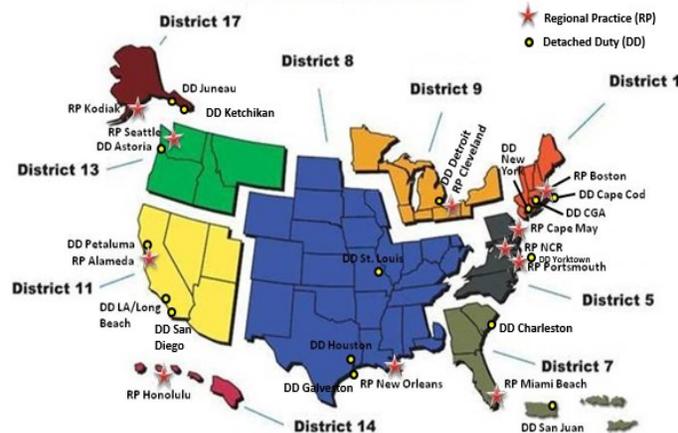
To contact the Work-Life staff nearest you, call 1-202-475-5100 and enter the appropriate extension listed below:

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 USCG Work-Life App from the Apple Store or Google Play for resources/information on the go.



Coast Guard Work-Life



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)
- Health Coaching (WWW.CGSUPRT.COM)
- Tobacco cessation (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

