



2022 Enlisted Helpdesk Reference Guide

Mental Health Resources (All Services)

- **Primary Resources:** [US Department of Defense](#) | [US Navy](#) | [US Army](#) | [US Marine Corps](#), [MARADMIN 153/10](#) | [US Airforce](#) | [US Space Force](#) | [US Coast Guard](#) |
- **Additional/Supporting Documents:** [National Suicide Prevention Hotline](#)
- **Author Note:** *This is one of the most important topics that has a negative stigma attached to it. Although most commands must portray a supportive attitude towards junior enlisted seeking mental health help, a large portion state support, yet in actuality do not. Stand up for what is right, for you and those around you.*

Finance Assistance (All Services)

- **Primary Resources:**
 - [DOD Military Compensation/Benefits](#), [Pay Chart](#), [Civilian Pay](#)
 - [US Marine Corps/MCCS](#)
 - [US Navy](#)
 - [US Army](#)
 - [US Airforce](#) | US Space Force-Follows USAF guidance
 - [US Coast Guard](#)
- **Additional/Supporting Documents:** [Navy-Marine Corps Relief Society](#) | [Defense Finance and Accounting Service \(DFAS\) Customer Service](#) | [Air Force Aid Society](#) | [Army Emergency Relief](#) | [Military One Source](#) |
- **Author Note:** *Typically, there is a SNCO/Officer who is designated as your workplace/unit subject matter expert in regards to finance, double tap with them for any pay issues.*

How to deal with and report inappropriate behavior/abuse of any kind/hazing (All Services)

- **Primary Resources:**
 - [US Department of Defense](#)
 - US Marine Corps, [MCO 1700.28A](#)
 - [US Navy](#)
 - [US Airforce](#)
 - [US Space Force](#)
 - US Army, [AR 600-20,4-19](#)
 - [US Coast Guard](#), Chapter 2
- **Additional/Supporting Documents:** [2020 DOD Hazing Report](#) | [Reporting Instruction-OPREP 3- All Services](#) | [Equal Employment Opportunity Community](#) | [No FEAR Act](#) | [United States Department of Defense Sexual Assault Prevention and Response](#) | [Inspector General Report](#) |
- **Author Note:** *These references will help an individual ascertain how each branch defines abuse/hazing/sexual misconduct/etc and will outline the steps to report such events. The wording may seem bold or confrontational at times, but in the end remember that you are a human being with rights, fight for what is right.*

Transition Assistance (All Services)

- **Primary Resources:** [DOD](#) | [US Navy](#) | [US Marine Corps](#) | [US Army](#) | [US Airforce](#) | US Spaceforce follows USAF guidance | [US Coast Guard](#) |
- **Additional/Supporting Documents:** [Milconnect Link](#) | [Military Transition](#) | [Military Transition Hub](#) | [Liberty Accelerator by Jarrod Smith](#) |
- **Author Note:** *The links provided are the higher level/military branch level versions of transition assistance programs. Check with your local command/base for very specific directions and contacts.*

Current Physical Fitness Standards and Instructions (All Services)

- **Primary Resources:**
 - [US Navy, NAVADMIN 040/22, NAVADMIN 264/21](#) |
 - [US Marine Corps, PFT/CFT](#) |
 - [US Army](#) |
 - [US Airforce](#) |
 - [US Spaceforce](#) |
 - [US Coast Guard, USCG PFP, CIM 6200-1](#) |
- **Additional/Supporting Documents:** [DOD Physical Fitness, Body Composition Program](#) |
- **Author Note:** *Every branch of service has ever-changing standards and requirements for physical fitness, those standards have also been affected by COVID-19, so check in with your command fitness representative to ensure compliance.*

Get out of the barracks and live life, tips and tricks of what to do (All Services)

- **Primary Resources:**
 - [US Navy MWR](#)
 - [US Marine Corps MWR/MCCS](#)
 - [US Army MWR](#)
 - [US Airforce MWR/FSS](#)
 - [US Coast Guard MWR](#)
- **Additional/Supporting Documents:** [Military Com Freebies List](#), [Military Discounts](#), [More Military Discounts](#), [Military Servicemember/Family Recreation](#), [YMCA](#), [Volunteer Opportunities](#), [Volunteer Match](#), [Tough Mudder Events](#), [Spartan Race Events](#), [Fishing With Warriors](#), [Fishing for our Troops](#), [USO](#), [Hunting with Soldiers](#), [Big Brothers/Big Sisters of America](#), [National Parks](#), [KOA Website](#), [Park Finder](#), [Fishing/Hunting Discounts](#), [More Free Stuff](#), [Gym Discounts](#),
- **Author Note:** There is an endless supply of companies that give free/discounted opportunities to service members, you just have to look. Get out of the barracks, stop drinking, and go enrich your life.

How to become a health advocate for yourself and those around you (All Services)

- **Primary Resources:**
 - General Info: [How to properly talk to your provider](#) | [Pain Assessment](#) | [How to describe pain](#) | [Common Medications](#) | [Illness/Disease Breakdown](#) | [Doctor Appointment Discussion Sheets](#) | [Anatomy Breakdown](#)
 - Government Sites: [Tricare Breakdown](#) | [Military Health Link](#) | [Tricare Site](#) | [DOD Dental Classifications](#)
- **Additional/Supporting Documents:**
 - [US Navy/Marines PHA \(CAC\)](#) | [US Army PHA \(CAC\)](#) | [US Coast Guard PHA](#) | [US Airforce PHA](#) |
 - [Individual Medical Readiness guide](#) | [DOD Instruction on IMR](#) |
- **Author Note:** *The greatest flaw I see in today's military is that service members are not being advocates for their own health. It is a combination of the member's not possessing the necessary knowledge in order to take control of their health and military leadership hindering their juniors from receiving proper care. That would be a controversial statement to most, even in the face of it being very true. Take hold of your health and stand up for yourself and those around you.*

Current Uniform Regulations and associated Instructions (All Services)

- **Primary Resources:**
 - [US Navy, NAVPERS 15665J](#)
 - [US Army, AR 670-1](#)
 - [US Marine Corps, MCO 1020.34H](#), Recent Change- [MARADMIN 134/22](#)
 - [US Airforce, AFI 36-2903](#)
 - [US Coast Guard, COMDTINST M1020.6K](#)
 - [US Spaceforce, SPFGM2020-36-01](#)
- **Additional/Supporting Documents:** [USAMM](#) -Uniforms/Ribbons/Etc
- **Author Note:** There is some form of a military exchange on every military base across the world and they maintain stock of uniforms/medals, etc. However, USAMM is a great source for additional information and access to the correct uniform items. Be sure to read up on your specific branch's uniform guidance before that next inspection.

Training Tools and Resources (All Services)

- **Primary Resources:**
 - US Army, [AR 350-1](#), [Army Knowledge Online](#)
 - US Navy, [My Navy Portal](#), [FY22 GMTs](#), [Navy E-Learning](#)
 - [US Airforce Training Portal](#), [AF Inst 36-2201](#) (Training Manual)
 - [US Marine Corps/ Marine Net Portal](#), [USMC University](#), [MCO 1500.63 Training Requirements](#)
 - [US Coast Guard Online Training Portal](#), [COMDTINST M1500.10C- Training Manual](#)
- **Additional/Supporting Documents:**
 - [Navy COOL](#), [Army COOL](#), [Airforce COOL](#), [Marine Corps COOL](#), [USCG COOL](#)
 - [CLEP Test Info](#), [Tuition Assistance Info](#), [Career One Stop](#), [Overall Education Benefits](#)
 - [LinkedIn Premium](#)
 - [USMAP](#)
 - [Navy Writer](#) (Professional Writing Help), [SECNAV 5216.5 Correspondence Manual](#)
 - [Airforce Writer](#) (Professional Writing Help), [AFMAN 33-326 Correspondence Manual](#)
 - [Army Writer](#) (Professional Writing Help), [AR 25-50 Correspondence Manual](#)
 - Technology Training Sites: [CISCO Online Training](#), [Microsoft SS Academy](#),
 - Government Training Sites: [FEMA Online Training](#), [CDC Online Training](#), [FDA Online Training](#), [DHS Online Training](#), [DOJ/COPS Online Training](#), [EPA Online Training](#), [HHS Online Training](#), [FedVTE](#)
 - Civilian Training Sites: [Coursera Website](#), [FutureLearn Website](#), [EDX Website](#)
- **Author Note:** There is typically an SNCO that is designated as the “education/training point of contact” and all additional questions for branch-specific issues should go to them. Provided are the published guidances/instructions so that you can take advantage of all available training opportunities. Most states have certifications that members can apply for without cost, check with your state. Not all training resources have been listed, as there simply isn't enough room for me to list them all.