

KEY RESOURCES

NAVY LEADERS NEED TO KNOW



MyNavy HR

WWW.MYNAVYHR.NAVY.MIL

MyNavy HR hosts all your career information in one place. Leaders should become familiar with these useful resources:

- [NAVADMINs and ALNAVs](#)
- [Career Management](#)
- [Support and Services](#)
- [Suicide Prevention](#)
- [Sexual Assault Prevention and Response](#)
- [Educational Opportunities](#)
- [References](#)



MyNavy Career Center

[HTTPS://MY.NAVY.MIL/](https://my.navy.mil/)

Email: ASKMNCC@NAVY.MIL

Phone: 1-833-330-6622

Frequently Asked Questions:

[HTTPS://WWW.MYNAVYHR.NAVY.MIL/SUPPORT-SERVICES/MYNAVY-CAREER-CENTER/FAQ/](https://www.mynavyhr.navy.mil/support-services/mynavy-career-center/faq/)



Navy Bureau of Medicine and Surgery

WWW.MED.NAVY.MIL

Sailors can visit the Navy Bureau of Medicine and Surgery's (BUMED) website for the latest on military medical news, as well as request a retirement letter, a physical exam waiver, or the transfer of medical and dental records.



**Veterans
Crisis Line**

DIAL 988 then **PRESS 1**

WWW.VETERANSCRISISLINE.NET

To access free confidential crisis support for veterans and their loved ones, dial **988** then press **1**, text **838255**, or chat online.



Military One Source

WWW.MILITARYONESOURCE.MIL

Military One Source offers information, answers, and support for service members and their families worldwide. Resources include tax services, spouse employment help, online training, and relocation and deployment tools.



Fleet and Family Support Program

[HTTPS://FFR.CNIC.NAVY.MIL/FAMILY-READINESS/FLEET-AND-FAMILY-SUPPORT-PROGRAM](https://ffr.cnic.navy.mil/family-readiness/fleet-and-family-support-program)

The Fleet and Family Support Program provides individual assistance, consultations, varied educational programs, and community outreach for family members of Sailors.





Navy Enlisted Leader Development

WWW.NETC.NAVY.MIL/ELD

Beginning in 2025, candidates for E-6 and E-7 will be required to complete ILDC and ALDC before taking the advancement exam. Sailors can enroll in a course through the [ELD SHAREPOINT PAGE](#).



Government Travel Charge Card (GTCC) Information

WWW.TRAVEL.DOD.MIL

The Defense Travel Management Office provides GTCC updates, travel news, training and support for government travel, as well as the latest information on per diem, rates, and travel allowances.

HANDBOOKS AND TOOLKITS

Mental Health Playbook

[HTTPS://WWW.MYNAVYHR.NAVY.MIL/PORTALS/55/SUPPORT/CULTURE%20RESILIENCE/LEADERS_TOOLKIT/MENTAL%20HEALTH%20PLAYBOOK%20JULY%202023%20UPDATE.PDF](https://WWW.MYNAVYHR.NAVY.MIL/PORTALS/55/SUPPORT/CULTURE%20RESILIENCE/LEADERS_TOOLKIT/MENTAL%20HEALTH%20PLAYBOOK%20JULY%202023%20UPDATE.PDF)

Navy Leader Development Framework

[HTTPS://WWW.MYNAVYHR.NAVY.MIL/SUPPORT-SERVICES/CULTURE-RESILIENCE/LEADERS-TOOLKIT/NAVY-LEADER-DEVELOPMENT/](https://WWW.MYNAVYHR.NAVY.MIL/SUPPORT-SERVICES/CULTURE-RESILIENCE/LEADERS-TOOLKIT/NAVY-LEADER-DEVELOPMENT/)

CO's Guide to Navy Pay and Personnel Administration

[HTTPS://WWW.MYNAVYHR.NAVY.MIL/PORTALS/55/SUPPORT/PAYPERS/CPCRESOURCES/NPPSC%20COs%20GUIDE%20V5.PDF](https://WWW.MYNAVYHR.NAVY.MIL/PORTALS/55/SUPPORT/PAYPERS/CPCRESOURCES/NPPSC%20COs%20GUIDE%20V5.PDF)

Career Counselor Handbook

[HTTPS://WWW.MYNAVYHR.NAVY.MIL/PORTALS/55/CAREER/CAREERCOUNSELING/CCC%20NAVPERS%2015878M.PDF](https://WWW.MYNAVYHR.NAVY.MIL/PORTALS/55/CAREER/CAREERCOUNSELING/CCC%20NAVPERS%2015878M.PDF)

Military Leaders Economic Security Toolkit

[HTTPS://WWW.MILITARYONESOURCE.MIL/LEADERS-SERVICE-PROVIDERS/ECONOMIC-SECURITY/](https://WWW.MILITARYONESOURCE.MIL/LEADERS-SERVICE-PROVIDERS/ECONOMIC-SECURITY/)

KEY RESOURCES NAVY LEADERS NEED TO KNOW



Navy App Locker

WWW.APPLOCKER.NAVY.MIL

Access 90+ mobile applications that focus on career tools, advancement, fitness, education and training, program references, and more. Apps available include:

- [MyNavy Uniforms](#)
- [Official Navy PFA](#)
- [FMS Calculator](#)
- [MyNavy Family](#)
- [PMK-EE](#)
- [Navy COOL](#)
- [Warrior Toughness](#)
- [MyNavy Financial Literacy](#)



MyNAVYHR
Serving Sailors 24/7

Follow MyNavy HR:

