



SAILOR WELLNESS GUIDE

How to Find Your Sailor's Command Ombudsman

Supporting Navy Families Every Step of the Way

What is a Navy Ombudsman?

A trained volunteer appointed by the Commanding Officer to support Sailors and their families—serving as a trusted link between the command and families.

Find Your Ombudsman in 3 Simple Steps

Step 1 — Ask Your Sailor Ask for the command name and ombudsman contact. Check welcome aboard packets, sponsor info, or command social media.

Step 2 — Call Fleet & Family Support

24/7 Support Line: **1-866-854-0638** They can identify the ombudsman, provide contact information, and connect you with support services.

Step 3 — Contact the Command

Call the Quarterdeck or Duty Officer and request ombudsman contact information. Example: “May I please have the command ombudsman’s contact information?”

Before You Call

- Sailor’s full name
- Command name (ship, squadron, or unit)
- Duty station or homeport
- Your relationship to the Sailor
- Brief description of your need (optional)

How the Ombudsman Helps

- Emergency communication
- Deployment support and updates
- Relocation and transition questions
- Connecting you to resources and services
- General command information

You Are Not Alone

Navy families have support. Ombudsmen and Fleet & Family Support Centers are here to help you.

Sailor Wellness
Equipping Sailors and Families with Tools, Support, and Community
www.sailorwellness.com