



DEFENSE CENTERS OF EXCELLENCE

For Psychological Health & Traumatic Brain Injury

Resources for Psychological Health Care

Many service members want information about psychological health conditions but aren't sure what resources are available or how confidential they are. The following tables highlight resources and compare certain factors.

Resource	Description
inTransition health.mil/intransition	DCoE manages the inTransition program to ensure that service members who receive psychological health care do not “fall through the cracks” when moving from one duty station to another, deploying or transitioning from Defense Department to Veterans Affairs (VA) care. InTransition coaches enhance the continuity of care and help service members maintain their treatment gains while they transition.
Afterdeployment.org	Afterdeployment.org is a website that provides assistance for common post-deployment issues to all military personnel and their dependents. The site offers excellent information on common military-related psychological health disorders and allows users to take self-assessments, enroll in workshops to gain education about a disorder, and read personal stories from other service members who have experienced similar challenges.
Military Crisis Line 800-273-TALK (8255)	VA operates a hotline to connect veterans in crisis to trained counselors 24/7. Call 800-273-TALK (8255), and press “1” to be routed to the Military Crisis Line. Or visit militarycrisisline.net for chat and text services.
DCoE Outreach Center 866-966-1020 dcoe.health.mil/24-7help.aspx	The DCoE Outreach Center is staffed by health resource consultants who can answer questions about psychological health issues. They provide assistance and resources for service members, veterans and their families. The center provides free, anonymous assistance by phone, online chat or email 24 hours a day.
Military Pathways mentalhealthscreening.org	Military Pathways is a voluntary, anonymous mental health and alcohol education screening program offered to military personnel and their families in all branches, including the National Guard and reserves. The program educates, raises awareness and offers screenings for mental health and substance abuse. Military Pathways program materials are provided free to installations, units and groups.
Military OneSource militaryonesource.mil 800-342-9647	Military OneSource provides support to all branches of the military — offering direct access to medical professionals through face-to-face, online, email and phone sessions to help address the challenges and concerns of service members and families. Online resources include webinars, newsletters, CDs, booklets and DVDs. The services are private and confidential, with a few exceptions.
Service Community Centers	Many bases have support centers staffed by trained professionals and volunteers which offer many services free of charge including counseling. These counselors can provide confidential short-term counseling, information and referrals if needed. Classes and groups are also generally available. Centers include Army Community Services, Fleet and Family Services Center, Air Force Family Service Center and Marine Corps Community Services.

Resource	Description
Military Chaplains	For service members who are not ready or are unsure if they need to see a medical professional regarding behavioral health concerns, the chaplain is a good “first-stop” to talk about their concerns. Conversations held with a chaplain are confidential, and they can provide sound advice about seeking other professional help. Many chaplains will provide counseling for certain psychological health or adjustment issues, such as marital counseling.
Primary Care Manager	The same primary care manager who sees you for routine medical issues can also diagnose and treat many psychological health conditions, such as PTSD and depression. The Defense Department in partnership with the VA developed guidance on the effective management of common psychological health disorders in primary care.
Behavioral Health Clinics, Military Treatment Facilities	Although there are several names for behavioral health clinics across the services (psychology, psychiatry, mental health, life skills, etc.), these types of clinics offer specialized services for psychological health conditions in a confidential environment. Depending on the location, a service member can receive individual or group counseling, medications, and other services to help with psychological health conditions.

COMPARISON OF VARIOUS RESOURCES

Resource	Identification Required	On Base	Referral Required	Confidential	Information and Assessments	Provides Treatment	Entered in Military Health Record
inTransition	Yes	No	No	Yes*	Yes	No	No
Afterdeployment.org	No	No	No	Yes	Yes	No	No
Military Crisis Line	No	No	No	Yes	Info only	No	No
DCoE Outreach Center	No	No	No	Yes	Info only	No	No
Military Pathways	No	No	No	Yes	Yes	No	No
Military OneSource	Yes	No	No	Yes*	Yes	Yes	No
Service Community Centers	Yes	No	No	Yes*	Yes	Yes	No
Military Chaplains	Yes	Yes	No	Yes	Yes	Yes	No
Primary Care Manager	Yes	Yes	No	Yes*	Yes	Yes	Yes
Behavioral Health Clinics, Military Treatment Facilities	Yes	Yes	Depends**	Yes*	Yes	Yes	Yes

* Confidentiality of psychological health care: In the vast majority of cases, psychological health care is confidential, and providers take great pains to keep it this way. There are a number of circumstances where a counselor must break confidentiality, some of which are: if a service member is currently suicidal or homicidal and needs to be hospitalized, if the service member discloses abusing a child or spouse (which triggers state mandated reporting), or if the member is so ill that they need to be put on limited duty. Your provider should cover all of the limits to confidentiality before starting treatment.

** Check with your local clinic to determine whether they need a referral from your primary care manager to set up an appointment.