

# MENTAL HEALTH RESOURCES

Feeling stressed, debating seeking help but don't know where to start?

1 Go here first!

## CHAPLAINS

THE best place to start for most issues or if you're unsure of what services you need. What you say will never leave the office without your permission. NEVER!



- 100% confidentiality
- You don't need a referral
- No medical record documentation
- Zero reporting requirements
- More than spiritual counseling

Seeking help early and often prevents needing a higher level of care and impact to career. Most Sailors don't seek help because they want to fix things themselves, they worry about impact to their careers or security clearance or they fear gossip and embarrassment. Taking care of your mental health takes courage and it's a sign of strength!

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## MILITARY & FAMILY LIFE COUNSELING

Most Sailors don't have a mental illness but struggle with life issues. These counselors provide support and tools to help you cope and you can schedule yourself without a referral. They only report risk of harm or abuse. They can be found onboard your ship and nothing goes in your medical record.



- You don't need a referral
- No medical record documentation
- Minimal reporting requirements
- Flexible counseling locations
- Non-medical counseling
- On a big deck, this your DRC

## 3 FLEET & FAMILY SUPPORT CENTER

Similar to MFLCs/DRCs but at the FFSC buildings on base. They provide counseling and classes to help you and your family manage life issues. You don't need a referral and they only have to report risk of harm or abuse.



- On base individual & family counseling, coping skills, life skills, etc.
- You don't need a referral
- No medical record documentation
- Minimal reporting requirements
- Non-medical counseling



## 4 MILITARY ONESOURCE

- Off base Individual & family counseling, coping skills, life skills, financial
- You don't need a referral
- No medical record documentation
- Minimal reporting requirements
- Non-medical counseling

Similar services as MFLCs, DRCs and FFSC but OFF base. You can make the appointment yourself without a referral. These counselors only have to report on suicide and homicide risk or abuse. Nothing goes in your electronic health record. And reporting requirements are limited to risk of harm or abuse.

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## IDC / SMO

Your Doc can manage most concerns or refer you to the Navy or network mental health experts. Serious conditions need expert evaluation, need to be documented and your CO may need to know if there are duty limitations. They are mandatory reporters for risk of harm or abuse.



- Just go to sick call, no referral needed
- Can treat most conditions or refer you for higher level care
- Can prescribe mental health meds
- There IS medical record documentation
- May communicate with your CO and medical providers



## 6 EMBEDDED MENTAL HEALTH (EMH)

- Mental Health specialists directly working with the commands
- Evaluate and treat mental illness with medications and/or therapy
- There IS medical record documentation
- May communicate with your CO and other medical providers
- Make military duty determinations

These specialists evaluate and treat all conditions and determine if it impacts your tour or career. Most Sailors return to duty and keep their security clearance after seeking help, so don't fear! They may communicate with your CO and your Doc if there are duty limitations or risk of harm or abuse.

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## MILITARY TREATMENT FACILITIES (MTF) /Network care

You can refer yourself or be referred by your Doc and receive total mental health services with the same reporting and documentation requirements as EMH. Network care requires a TRICARE referral and authorization or you will pay out of pocket. Network doctors cannot make determinations about military duty.



- Full mental health services, Emergency Room and Inpatient care
- Individual and Group therapy, SARP, Testing
- Military duty determinations (MTF only)
- There IS medical record documentation
- May communicate with your CO and other medical providers



Mental health emergency only!

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## EMERGENCY ROOM

If you're experiencing a mental health emergency or you're afraid you will harm yourself or others and cannot keep yourself safe, this is the place to go. Please don't start here to get a mental health appointment. This is for emergencies.

- Not to get a routine appointment
- For emergencies, such as acute safety risk or grave disability
- Access to inpatient services
- Military duty determinations
- There IS medical record documentation
- They WILL communicate with your CO and other medical providers