

# MENTAL HEALTH ROADMAP

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

1



## CHAPLAINS

- 100% Confidential
- No reporting requirement
- No referral needed
- No health record documentation
- More than spiritual counseling

2



## MILITARY & FAMILY LIFE COUNSELING

- Non-medical counseling and classes
- Flexible counseling locations
- No health record documentation
- No referral needed
- Minimal reporting requirements

3



## FLEET & FAMILY SUPPORT CENTER

- Individual counseling
- Life skills i.e financial, stress, coping skills and couples counseling
- No health record documentation
- No referral needed
- Non-medical counseling

4



## MILITARY ONESOURCE

- No health record documentation
- No referral needed
- Life skills i.e financial, stress, coping skills and couples counseling
- Non-medical counseling off base

5



## IDC / SMO Your Command "Doc"

- Places referrals to EMH/MTF/Network for more serious conditions or duty determinations
- Medication management for most mental health concerns
- Health record documentation
- May communicate with CO and other medical providers

6



## EMBEDDED MENTAL HEALTH (EMH)

- Mental Health specialists supporting your command
- Evaluate and treat mental disorders with therapy and medications
- Military duty determinations
- Health record documentation
- May communicate with CO and other medical providers

7



## MILITARY TREATMENT FACILITIES (MTF)

- Emergency Room and Inpatient Psychiatry services
- Group treatment, SARP, comprehensive care
- Military duty determinations
- Health record documentation
- May communicate with CO and other medical providers

## NETWORK

- Must have referral for TRICARE coverage
- Cannot make duty determination
- Must include notes to military health record

8



## EMERGENCY ROOM

- Not for routine access to care
- Danger to self, others or gravely disabled

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!