

MENTAL HEALTH ROADMAP

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

1



CHAPLAINS

After-Hours Duty Chaps (910) 451-2414

- 100% Confidential
- No reporting requirements
- No referral needed
- No health record documentation
- More than spiritual counseling
- You don't have to be "religious"

2



MILITARY & FAMILY LIFE COUNSELING

(910) 260-7576 / (910) 915-3888

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

3



MARINE & FAMILY PROGRAMS

(910) 451-0176

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

4



MILITARY ONESOURCE

800-342-9647

- Non-medical counseling off-base via in-person, telephone, web-enabled
- Life skills (i.e. stress, coping skills, financial, and couples counseling)
- No referral needed
- No health record documentation

5



YOUR COMMAND "DOC" SMO / IDC

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

6



EMBEDDED MENTAL HEALTH (EMH)

- Mental Health providers assigned to your command (i.e. OSCAR Team)
- Evaluate and treat with psychotherapy and medication management
- Fitness for Duty determination
- Health record documentation
- May communicate with CO and other medical providers if indicated

7



Naval Medical Center

Outpatient Mental Health Clinic (910) 450-4700

- Evaluation and treatment of more severe mental health concerns which impair occupational or operational readiness to include individual / group / couples psychotherapy and medication management
- Fitness for Duty determination
- Health record documentation
- May communicate with CO and other medical providers if indicated

Humana
Military

TRICARE

NETWORK PROVIDER

"Out in town"

TRICARE 888-647-6676

- Must request referral from TRICARE to ensure coverage
- Cannot determine Fitness for Duty
- Must include notes in military health record



EMERGENCY ROOM

8

- Go to the nearest Emergency Room if you are a danger to yourself or others or are gravely disabled
- Not for routine mental health care