

Mental Health Information/Assistance Support Resources For Military Members and Family

National Suicide Prevention Lifeline: Call 1-800-273-TALK

At the website you can find information and resources or choose to [chat live with a counselor](#). Or call 1-800-273-TALK and press #1 to connect to a special Veteran's Affairs (VA) suicide crisis line staffed by mental health professionals 24 hours/7days a week.

Military One Source: The "official" help-line site of the Department of Defense that is an overall portal on any issue imaginable. Designed for the active duty member, it does also offer assistance for spouses and children of active-duty members to find mental health related services. When there is a need, a consultant can refer a service member or eligible family member to a licensed professional counselor in the local community (within 30 miles) for six sessions per issue at no cost to the military or family member. Call 800-342-9647 for more information.



The primary base to which a military member is assigned usually provides counseling assistance through the Medical Command Authority on the base. If the base doesn't have qualified counselors, typically the spouse or member can be referred off base through the Tricare network. Tricare is the official insurance provider for the US military.



Tricare: The official site for the US Military and their families to find mental health assistance. Dependents covered under Tricare Prime, Prime Remote, Extra, Standard and the U.S. Family Health Plan can receive **eight** counseling sessions at no cost by self-referring to a Tricare network provider. If there is a counselor in the area that accepts Tricare.

An **online self-screening program** is available for all military branches. This program is set up to help service members and their spouses overcome and confront possible mental-health problems. It is available 24/7 and provides anonymity.

The **Red Cross** offers confidential services to all military personnel — active duty, National Guard and Reserves — and their families. Counseling, guidance, information, referrals and other social services are available through our worldwide network of chapters and offices on military

installations.

Give an hour: Simply enter your Zip code on the Web site to find a list of doctors in your area who have pledged to donate an hour a week to serve military families. Then contact the doctor's office to set up an appointment for free, confidential care. Provider's specialties cover a wide range of mental health services, including post-traumatic stress disorder, family therapy, trauma, bereavement and marital counseling.



Tragedy Assistance Program for Survivors: The Tragedy Assistance Program for Survivors is the non-profit Veterans Service Organization offering hope, healing, comfort and care to all those who are grieving the death of a loved one in the Armed Forces. TAPS receives absolutely no government funding, but through the Departments of Defense and Veterans Affairs, all families faced with a death of a loved one serving in the Armed Forces receive information about TAPS and our military survivor programs.

Soldier and Family Life Consultants: The Soldier and Family Life Consultants initiative offers free, anonymous support to active-duty Soldiers, National Guardsmen, reservists and their families.

The Military Spouse Career Center is a micro site of the larger military.com Web site, the Military Spouse Career Center has a page dedicated to helping military spouses find counselors and mental health assistance. There is also a smaller area dedicated to assistance for children.

The **National Military Family Association** is a non-profit, predominately volunteer organization with membership from the seven uniformed services, active duty, National Guard, reserves and retired, their families and survivors, as well as interested civilians. NMFA is the only national organization whose sole focus is the military family and whose mission is to serve those families through education, information and advocacy.