

# [NAME OF AREA]

## BEHAVIORAL HEALTH ROADMAP

Stressed and want help but don't know where to start? We got you!

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### CHAPLAINS

Area Wide Duty Chaplain:

- 100% Confidential
- More than Spiritual Counseling
- No reporting requirement
- No referral needed
- No health record documentation

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### MILITARY & FAMILY LIFE COUNSELING

Phone:

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

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### MILITARY ONESOURCE

Phone:

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

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### FLEET & FAMILY SUPPORT CENTER

Phone:

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

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### INDEPENDENT DUTY CORPSMAN GENERAL MEDICAL OFFICER

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

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### EMBEDDED MENTAL HEALTH

Appointments via IDC

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

## ACUTE SERVICES & ADDITIONAL INFORMATION

### EMERGENCY ROOM

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

### MILITARY TREATMENT FACILITY

Emergency Room and Inpatient Psychiatry services

Group treatment, SARP, comprehensive care

Outpatient Behavioral Health Clinic, Self-Referral Station

- Location:
- Availability:
- \*\*Screenings with Behavioral Health Techs to determine appropriate services\*\*