

BEHAVIORAL HEALTH OFFERINGS

According to the Centers for Disease Control and Prevention (CDC), more than two in five Americans report struggling with mental health issues since the start of the COVID pandemic, including:

- Anxiety
- Depression
- Increased substance use
- Suicidal thoughts



Coupled with high-stress operations, overseas deployments and domestic operations, civil unrest and ongoing destructive weather patterns, military members are more susceptible than ever to increases in symptoms of anxiety or depression.

We are here to help navigate the world around you. We offer many options to guide you through whatever life throws your way.

Early eligibility/Active duty/TRICARE Prime family members

- Early eligibility/Active duty/TRICARE Prime family members have **no cost** for care.
- Active Duty Service Members (ADSM) and certain behavioral healthcare **require referrals**.

CONTACT

Military OneSource

(800) 342-9647

SAMHSA's Disaster Distress Helpline

(800) 985-5990

(Available 24 hours/7 days a week)

National Suicide Prevention Lifeline

Call or text 988

(Available 24 hours/7 days a week)

TRICARE East

(800) 444-5445

NETWORK PROVIDERS

TRICARE Reserve Select (TRS) beneficiaries receive reduced costs when utilizing network providers for care.

NON-NETWORK PROVIDERS

For non-network behavioral health specialists, look under, "Can't find the provider you're looking for?".

[HumanaMilitary.com/findcare](https://www.humanamilitary.com/findcare)

TELEMEDICINE

See a behavioral health provider 24/7 from the comfort and security of your home with our telemedicine options at

[HumanaMilitary.com/telemedicine](https://www.humanamilitary.com/telemedicine)

or call to schedule an appointment

(866) 991-2103



LEARN MORE

MHS NURSE ADVICE LINE

Contact the Military Health Service (MHS) Nurse Advice Line by phone and web/video chat. Available 24/7.

[MHSNurseAdviceLine.com](https://www.MHSNurseAdviceLine.com)

FOR REFERRALS AND CLAIMS

Register for self-service at [HumanaMilitary.com](https://www.humanamilitary.com)

SEE WHAT IS COVERED

[TRICARE.mil/CoveredServices/Mental](https://www.TRICARE.mil/CoveredServices/Mental)



EAST REGION