

# BEHAVIORAL HEALTH OFFERINGS

## TRICARE EAST

According to the Centers for Disease Control and Prevention (CDC), more than two in five Americans report struggling with behavioral health issues associated with the COVID-19 pandemic:

- Anxiety
- Depression
- Increased substance use
- Suicidal thoughts



Coupled with high stress operations, overseas deployments and domestic operations such as activations supporting the COVID-19 pandemic, 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

- 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)

### National Suicide Prevention Lifeline

(800) 273-TALK

Text: 838255

(Available 24 hours / 7 days a week)

### TRICARE East

(800) 444-5445

## NETWORK PROVIDERS

TRICARE Reserve Select 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://HumanaMilitary.com/findcare)

## MHS NURSE ADVICE LINE

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

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



## TELEMEDICINE

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

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

[Telemetrynd.com/HumanaMilitary](https://Telemetrynd.com/HumanaMilitary)

or call to schedule an appointment

(866) 991-2103

## SEE WHAT IS COVERED

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



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REGISTER FOR SELF-SERVICE AT [HUMANAMILITARY.COM](https://HUMANAMILITARY.COM)