

Mental Health Resources:

Message. The Russian invasion of Ukraine has left many in our community feeling understandably upset. The mental and emotional wounds may be deep. You may be wondering about the impact on the civilian population in Ukraine, your family, your finances, or the service of those who could deploy in support of security in Europe.

You are not alone. Remember that what is happening now reinforces the importance of what we do for the Nation. We stand ready to support Europe and Ukraine and our service is never for naught. Think about the times when the valor and courage of our Military changed lives for the better. Or, focus on the present and what feels meaningful to you in this moment.

If you're feeling this way, it will take time to process. Talking helps, whether it's to a local chaplain, psychologist, social worker or someone you served with in the military. Do what feels right for you. There is not one way to think or feel or act. The important thing is to take advantage of available supportive counseling resources.

Remember that this is one moment in time and regardless of what comes next, we will get through it together.

The following resources are available:

- The **Real Warriors Campaign** aims to break down the stigma associated with mental health care and encourages Service members to reach out for help when they need it. Find articles with support resources, video profiles with Service member and veteran stories, and materials to download or order at www.health.mil/RealWarriors.
- The **Psychological Health Resource Center** is available 24/7 for Service members, veterans, and family members with questions about psychological health topics. Trained mental health consultants can help caller's access mental health care and community support resources in their local area. www.health.mil/PHRC or call 866-966-1020 for assistance.
- The **in Transition Program** is a free confidential program that provides specialized coaching and assistance for Service members, National Guard members, reservists, veterans, and retirees who need access to mental health

care when relocating to another assignment, returning from deployment, transitioning between active duty and reserve component, preparing to leave military service, or any other time they need a new mental health provider, or need a provider for the first time. www.health.mil/inTransition or call 800-424-7877

- The **Military Crisis Line**, text-messaging service, and online chat provide free VA support for all Service members, including members of the National Guard and Reserve, and all Veterans, even if they are not registered with VA or enrolled in VA health care. Call: 1-800-273-8255 and press 1. Text: 838255 Chat: <https://www.veteranscrisisline.net/get-help/chat>
- **TRICARE** offers mental health care to all its enrollees. Find out how by visiting <https://www.tricare.mil/CoveredServices/Mental/GettingMHCare>. This website also contains links to mental health providers through the TRICARE network.
- **Military One Source** can provide access to confidential Military Family Life Counselors in your community: www.militaryonesource.mil or by calling 1-800-342-9647.
- **Military OneSource** also provides resources so you can manage stress and access benefits and tools that will help you stay strong in body and mind. This page provides access to self-care mobile applications developed within the Department of Defense, Veteran Affairs and other partners. All mobile applications are free and for iOS and/or Android devices. <https://www.militaryonesource.mil/health-wellness/recommended-wellness-apps/>
- **Military Health System Web Pages.** There are two sources of information on the Military Health System websites. Specific links listed at the bottom of this page. They are:

www.health.mil/mentalhealth
www.tricare.mil/mentalhealth