



# MENTAL HEALTH ROADMAP

## Feeling stressed and debating seeking help, but don't know where to start?

Seeking help early and often prevents needing a higher level of care and impact to career. Most Sailors don't seek help because they want to fix things themselves, they worry about impact to their careers or security clearance or they fear gossip and embarrassment. Taking care of your mental health takes courage and it's a sign of strength.



### EXPANDED OPERATIONAL STRESS CONTROL (E-OSC)

# 1

- E-OSC Team Leader in every command
- Membership and advisement on the CRT
- Peer-to-Peer Stress Control Program
- Resilience Education and Training
- Self Care/Buddy Care
- Early recognition and mitigation of problems



### CHAPLAINS

# 2

- 100% Confidential
- No reporting requirements
- No referral needed
- No health record documentation
- More than spiritual counseling



### MILITARY & FAMILY LIFE COUNSELING

# 3

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



### FLEET & FAMILY SUPPORT CENTER (FFSC)

# 4

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



### MILITARY ONESOURCE

# 5

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



### IDC / GMO

# 6

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



### EMBEDDED MENTAL HEALTH (EMH)

# 7

- Evaluate and treat mental health conditions with therapy and medications
- Fitness for duty determination
- Documents in health record
- Communicates diagnosis and plan with other providers and CO
- Provides training and command advisement



# 8

### MILITARY TREATMENT FACILITIES

- Emergency Room and Inpatient psychiatry are available at Madigan Army Medical Center
- Walk-in Triage available at Naval Hospital Bremerton 0800-1600 M-F (360-475-4219)
- Group and individual therapy and ongoing care
- Military duty determinations
- Health record documentation
- May communicate with CO and other medical providers

### NETWORK

# 9

- Must have a referral for TRICARE coverage
- Cannot make duty determination
- Must include notes to military health record

### EMERGENCY ROOM

- For civilian or military
- Danger to self, others, or gravely disabled (not eating, bathing, or getting out of bed)
- Not for routine access to care



# Peer Support

## How to provide support to a colleague, peer, friend, shipmate, subordinate:

- **Attending: Remove distractions, pay attention**
  - » Make sure setting supports a reasonable amount of privacy
  - » Setting may vary depending on the situation: office, going outside for a walk, talking over coffee or lunch
- **Listen without judgment**
- **Ask what type of support they are looking for, e.g., listening, validation/support, talking through options, information, feedback (opinion), direct guidance (advice), connection to resources**
- **Intervene based on their preference and the severity of the situation**
  - » Safety issues (harm to self/others) and mandated reporting concerns (such as child abuse) must be referred and reported regardless of expressed verbal preference. Expression or indication of a safety concern is a behavioral indication that someone is seeking help, even if they seem verbally ambivalent about how to proceed.
  - » Attending and listening without judgment will go a long way
  - » Advice/problem solving may not be perceived as helpful unless that is requested
- **Stay Connected**
  - » Follow up and stay in touch with individuals to ensure they're getting support and/or following up with the needed resources

