

# Accessing Mental Health & Counseling Services

## For military active duty, guard, reserve, retired, veterans and their families

### **Hill Mental Health Clinic - 801-777-7909**

The Mental Health Clinic provides outpatient behavioral health care to active duty military beneficiaries, to include counseling and medication services. Services may also be available to non-active duty and adult TRICARE beneficiaries on a space available basis (referrals provided by your primary care manager.)

(Active duty service members and adult TRICARE beneficiaries on space available)

### **Primary Care Behavioral Health (PCBH)- appointment line- 801-586-2273/ 800-453-2388**

Located in the Hill Clinic, this program offers confidential personalized assistance to those experiencing anxiety, insomnia, depression, relationship problems, weight management, substance abuse, chronic pain or other life stressors. (TRICARE beneficiaries excluding TRICARE for Life as they must follow Medicare guidelines)

### **TRICARE Health Net Behavioral Health- 844-866-9378**

For mental health care or counseling, talk with your primary care manager (PCM) or family doctor. Your PCM can provide an initial assessment and provide treatment, or can recommend additional treatment with the appropriate mental health provider to suit your needs. **Prior Authorization and Referral Requirements:** To determine if a service requires an approval from Health Net Federal Services, use the Prior Authorization, Referral and Benefit Tool or talk with your provider. If you are seeing more than one provider, it is important to keep all providers informed so they are aware of any medications and treatment you may be receiving.

(TRICARE beneficiaries) <https://www.tricare-west.com/content/hnfs/home/tw/bene/mentalhealth.html>

### **Military and Family Life Counselors (MFLC)**

**To get the phone numbers for these counselors call the M&FRC at 801-777-4681.**

This program is free and no documentation is kept or shared. This is non-medical counseling; for evaluations, diagnosis or a known mental health condition use TRICARE or other insurance for services. For children's services there are MFLC's with the CDC's and Youth Center and an MFLC embedded with the Davis School District, housed at Hill Field Elementary (the child does not have to attend Hill Field, CDC or YC to use to use this service.) In addition, there are MFLC's located at the M&FRC for individual, marriage, family counseling and single Airmen. These counselors can meet you at their facility or at another public location of your choosing. (Active duty, Guard and reserve, their family members and survivors, and veterans 6 months post leaving AD)

### **Military OneSource - 800-342-9647**

Military OneSource offers access to non-medical counseling. This link will take you to a page that explains their confidential non-medical counseling services. It is important to scroll down to see which services are not covered and remember if dealing with any of those issues you should use TRICARE or a crisis center. Scrolling further down it explains how to access the service.

(Active duty, Guard and reserve, their family members and survivors and veterans 1 year post leaving AD)

<https://www.militaryonesource.mil/-/understanding-confidential-non-medical-counseling-services?inheritRedirect=true&redirect=%2Fconfidential-hel>

### **US Department of Veterans Affairs**

Your mental health is a critical component to your overall wellness. If you are experiencing mental health challenges, or suspect a family member would benefit from talking to a mental health provider, VA offers ways to help. Veterans and their family members can connect with support through in-person appointments at local VA facilities, telehealth sessions, and online resources. Learn more about how you or someone you care about can find help, either in your local community or online. (US military veterans)

<https://www.mentalhealth.va.gov/MENTALHEALTH/get-help/index.asp>

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### **Veterans Crisis Line - 800-273-8255 press 1 or text to 838255 available 24/7**

This crisis line connects Veterans and Service members in crisis and their families and friends with qualified, caring VA responders through a confidential toll-free hotline, online chat, or text. (All active duty and veterans)

### **Vet Centers - Ogden 801-737-9737/ Salt Lake City 801-266-1499**

These centers are an underutilized service. Vet Centers across the country provide a broad range of counseling, outreach, and referral services to combat Veterans and their families. Vet Centers guide Veterans and their families through many of the major adjustments in lifestyle that often occur after a Veteran returns from combat. Services for a Veteran may include individual and group counseling in areas such as Post-Traumatic Stress Disorder (PTSD), alcohol and drug assessment, and suicide prevention referrals. All services are free of cost and are strictly confidential. (Active duty and veterans who have served in a war zone and their families)

[https://www.saltlakecity.va.gov/vet\\_centers.asp](https://www.saltlakecity.va.gov/vet_centers.asp)

### **Legacy Chapel- Mainline- 801-777-2106/ After Hours Chaplain Services- 801-777-3007**

There are Chaplains available to talk at the Chapel on base. They have 100% confidentiality and the discussion does not have to be faith based. (Active duty, activated guard and reserves and their family members)

### **Director of Psychological Health 419th Fighter Wing-Reserve - 801-657-1233**

The goal of this program is to increase individual, unit, and Wing readiness to help Airmen and their families maximize psychological health, resilience, and wellbeing to meet the unique challenges of the mission and life in and out of the military. A variety of mental health services are offered for reservists and their families to support psychological fitness for operational readiness. Services available Monday through Friday and drill weekends. (419th FW Reserve families)

### **Domestic Abuse Victim Advocate (DAVA) - 24/7 local reporting number is 385-209-1811**

The DAVA is available to support adult victims of domestic abuse and non-offending caregiver in a child case. Restricted Reporting of Domestic Abuse may be available to you. The DAVA can link you with counselors familiar with domestic abuse, safety planning and other resources. (DAVA is available to everyone)

### **Sexual Assault Prevention & Response (SAPR) - 801-777-1985; DoD Safe Helpline- 877-995-5247**

The SAPR office provides 24/7 sexual assault response. The single point of contact for victims from initial report of sexual assault through disposition and resolution of issues related to a victim's health and well-being. SAPR can link you with counselors familiar with sexual assault counseling. (Active-duty service members and their dependents over 18 years of age, guard and reserve members if assaulted during activation, DoD civilians)

### **Family Advocacy Office (FAO) - 801-777-3497**

FAO is here to build healthy AF families, free of child and partner abuse/neglect through prevention, identification, and treatment. They offer relationship enhancement programs and a variety of parenting programs. (Counseling services available to active duty, activated guard and reserves and their family members, classes open to Team Hill on a space available basis)

### **Local community 24-hour crisis lines are also available**

Davis County at 801-773-7060/ Weber County at 801-625-3700

### **Other community resources can be found on Utah 2-1-1**

<https://211utah.org/index.php/mental-health> or by calling 211.

**988 Suicide and Crisis Lifeline**

**Dial 988 24 hours 7 days a week**

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*The M&FRC does not give official endorsement to programs, organizations, or service providers.*