



## TRICARE AREA OFFICE PACIFIC WELLNESS & PREVENTION OUTREACH PROGRAM

*We are here to provide support and education to improve the quality of life for our TGRO families.*

**R**emote area assignments can be challenging. Families are often isolated from familiar unit and MTF support services and the usual support systems provided by family and friends. Cultural and social differences can also cause feelings of uncertainty and isolation and the upcoming holiday season may also be a difficult time when away from family members. Children are even more prone to these problems and their coping mechanisms are limited. During these periods of adjustment, professional services may be beneficial for families.

Recently, there have been several of cases involving the need for mental health intervention and one, regrettably involving a suicide. This is a tragic loss for us all and our goal is to ensure that we provide quality resources to help you find answers to your behavioral healthcare concerns, as well as to enhance the care you receive from your remote provider.

We included some helpful links that provide information and describe the Behavioral Health Benefit for our beneficiaries. Please visit the websites below to research questions and concerns you may have about stress management, dealing with change, assisting your children with difficult topics or problems they may be experiencing. These websites are great resources with invaluable information to assist you and your families cope with a variety of mental/behavioral health topics.

<http://www.tricare.mil/pressroom/news.aspx?fid=312> - TRICARE Online Resource for Mental Health.

[http://www.tricare.mil/tricaresmartfiles/Prod\\_474/Behav\\_Hlth\\_Brochure\\_L.pdf](http://www.tricare.mil/tricaresmartfiles/Prod_474/Behav_Hlth_Brochure_L.pdf) - TRICARE Brochure which explains all mental health benefits & provides contact numbers to access health care system.

[http://www-nehc.med.navy.mil/hp/suicide/Health\\_Ed.htm](http://www-nehc.med.navy.mil/hp/suicide/Health_Ed.htm) - Excellent resource with multiple tools to use to assess your needs and address your questions and concerns.

<http://www.tricare.mil> – Tricare Resource for beneficiaries that is a very comprehensive tool for all healthcare concerns and questions.

<http://www.militaryonesource.com/skins/MOS/home.aspx> - 24-hour, seven-days-per-week, toll-free information and referral service for active duty service members and family members.

<http://www.nimh.nih.gov/index.shtml> - National Institute of Mental Health is the largest organization in the world dedicated to research focused on understanding, treatment and prevention for the mental health arena.

<http://mentalhealth.samhsa.gov> - National Mental Health Information Center provides information on a variety of mental health topics.

If you should need professional assistance, please contact ISOS at 65-6338-9277 to locate the nearest qualified provider for your needs. ISOS is ready 24/7 to assist you. You may also contact our TAO-Pacific Nurse Educator at [TPHI@med.navy.mil](mailto:TPHI@med.navy.mil) or DSN 643-2044/Comm +81-611-743-2044.

Sincerely,

James A. Marron, CAPT, USN  
Medical Director, TAO-P