

Behavioral Health Resources



FOCUS (Families OverComing Under Stress) provides resiliency training to military families. It teaches practical skills to meet the challenges of deployment and reintegration, to communicate and solve problems effectively, and to successfully set goals together and create a shared family story.

Web: www.focusproject.org
Email: info@focusproject.org



Military OneSource is a free 24-hour service available to all active duty, Guard, Reserve members and their families regardless of activation status. Information and referrals are given on a wide range of issues including behavioral health. Face-to-face, phone and online counseling services are available.

Web: www.militaryonesource.com
Phone: 1-800-342-9647



Tricare beneficiaries, including retirees and their dependents, are eligible for civilian outpatient mental health treatment. Standard and Prime patients may receive up to eight visits of outpatient mental health care without authorization. Prime patients must use network providers.

Web: <http://www.tricare.mil/mentalhealth/>



inTransition is a voluntary and confidential program to support you as you move between health care systems or providers. A personal coach, along with resources and tools, will help you during this transitional period.

Web: www.health.mil/inTransition
Phone: 800-424-7877