



INVISIBLE WOUNDS. KNOW YOUR RESOURCES.

It is important to find the right support when you need it. Determine what available resources are best for your personal situation.



Is this an EMERGENCY?

CALL 911 or go to the nearest emergency room if you are experiencing a crisis.

Military Crisis Line

- ☎ Call 800-273-8255, press 1
- ☐ Text 838255
- ☐ Chat via www.militarycrisisline.net/chat



Who should I TALK to?

Don't ignore your symptoms. Speak with someone about your concerns as the first step.

In person:

- A trusted family member or Wingman
- Command Leadership
- Chaplains
- Military and Family Life Counselor (MFLC) at the Airman & Family Readiness Center (A&FRC)

Call/Text/Live Chat:

- Military OneSource
- Vet Centers

Do I have an INVISIBLE WOUND?

An invisible wound is post-traumatic stress disorder (PTSD), traumatic brain injury (TBI), or other cognitive, emotional, or behavioral conditions associated with trauma experienced by an individual.

Many Airmen believe that seeking mental health treatment could hurt their career, but the opposite is usually true.

94%

94% of Airmen who have received PTSD treatment continued to progress in their career.



What are my MEDICAL SUPPORT options?

If you are experiencing severe or ongoing symptoms, connect with these resources for medical assessment and treatment:

- Behavioral Health Optimization Program (BHOP)
- Mental Health Clinic

Is treatment CONFIDENTIAL?

- Medical and mental health providers are required to adhere to [Health Insurance Portability and Accountability Act \(HIPAA\)](#) requirements; under those requirements, health information is protected from unauthorized disclosures
- For military members, authorized disclosures to command include situations where there is serious risk of self-harm, harm to others or the mission, or acute medical conditions interfering with duty
- When disclosure to command is required, providers release the minimum amount of information necessary
- For more information, refer to [DoDI 6490.08](#), Command Notification Requirements to Dispel Stigma in Providing Mental Health Care to Service Members
- Non-medical counseling services such as MFLC and Military OneSource are not reported to command with the exception of suspected family maltreatment, harm to self or others, and illegal activity
- Chaplains are a completely confidential resource
- Ask the provider for specifics regarding confidentiality

FOR MORE DETAILS ON AVAILABLE RESOURCES, REFER TO THE OTHER SIDE.

WHAT ARE MY OPTIONS?

EMERGENCIES

CALL 911 or go to the nearest emergency room if you are experiencing a crisis.



Military Crisis Line

24/7 hotline that connects military service members and their families who are experiencing a crisis with trained counselors. The hotline offers confidential, immediate help and is available to Airmen and their families.

- ☎ Call 800-273-8255, then press 1 | 📱 Text 838255
- 💬 Chat via www.militarycrisisline.net/chat

SEEK MEDICAL SUPPORT



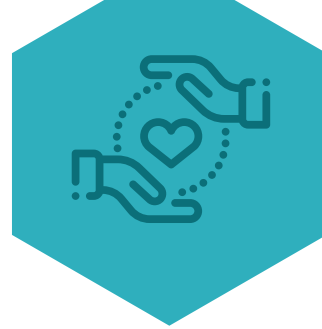
Military Treatment Facility (MTF)

On-base facilities offering short- and long-term medical treatment options for direct health and wellness care for Airmen, which include:

- ▶ **Behavioral Health Optimization Program (BHOP)**
Integrates behavioral health personnel within primary care clinics and provides Airmen with an entry point for services in addition to traditional mental health appointments. BHOP treatment can help with depression, stress, anxiety, and anger and sleep problems through solution-focused behavior change plans. Appointments last 20-30 minutes and patients receive same-day intervention.
 - ☎ To schedule a BHOP appointment, call the central appointments number at the nearest MTF
Local #: _____
- ▶ **Mental Health Clinic**
Specializes in the assessment and treatment of invisible wounds. Mental health clinics offer a variety of support services to Airmen and their families. Services include individual counseling, group therapy, relaxation interventions, traumatic stress response, psychological testing, and medication management (where available). Treatment equips Airmen with the skills and tools needed to improve their overall well-being.
 - ☎ Call or walk in to the local mental health clinic to schedule an appointment
Local #: _____



MENTALLY STRONG. PHYSICALLY FIT. MISSION READY.



TALK TO SOMEONE



Trusted Advocates

Communicate with those you trust. Family members, fellow Wingmen, and your Command Leadership are there to support you through challenging times.



Chaplains

On-base chaplain services provide support for Airmen and their families including short- and long-term confidential counseling, religious and personal support, and spiritual resilience guidance. The base chapel also provides a duty chaplain available 24/7 for crisis intervention, response, and counsel. Additionally, chaplain personnel can help guide Airmen to additional care resources for invisible wounds. Regardless of religious beliefs, chaplains are available to support all Airmen.

- ☎ Contact the chaplain team at the base chapel or get connected with the 24/7 duty chaplain through the base command post
Local #: _____



Military and Family Life Counseling (MFLC) Program

On-base resource located in the Airman & Family Readiness Center (A&FRC) offering solution-focused, short-term counseling to Airmen and their families for various life skills (e.g., anger management, challenges with the military lifestyle such as deployment stress).

- ☎ Contact the local A&FRC to use MFLC services
Local #: _____



Military OneSource

Comprehensive DoD resource that provides health and wellness resources and 24/7 confidential help, including connecting Airmen to specialized peer support groups and military and family life counseling. Military OneSource offers counseling in-person and by telephone, secure chat, or secure video session.

- ☎ Call 800-342-9647
- 💬 Chat online at www.militaryonesource.mil



Vet Centers

Community-based counseling centers that provide a wide range of social and psychological services for service members, veterans, and families. Services include individual and group counseling for PTSD, suicide prevention, screening and referrals for TBI, and more. Vet Centers are off-base facilities located separate from Veterans Affairs sites (health and benefit offices) and all counseling is confidential. The Vet Center Call Center is available 24/7 to connect Airmen with resources at their nearest Vet Center.

- ☎ Call the Vet Center Call Center 24/7 at 877-927-8387
- 💬 Visit www.vetcenter.va.gov to learn more about eligibility requirements and find your local Vet Center