

# Service Members and Families: How PHCoE Can Help You



## Psychological Health Center of Excellence

*Advancing excellence in psychological health care in the military*



Defense Health Agency

The **Psychological Health Center of Excellence** is the centralized source of psychological health expertise in the Defense Health Agency (DHA).

We provide evidence-based programs and resources for service members and their families to improve psychological health and readiness. Learn how they can help you:



***inTransition:*** Free, confidential program that provides specialized coaching and assistance for service members, National Guard members, reservists, veterans, and retirees who need access to mental health care when relocating to another assignment, returning from deployment, transitioning between active duty and reserve component, preparing to leave military service, or any other time they need a new mental health provider, or need a provider for the first time. Call 800-424-7877 to sign up or ask questions.



***Psych Health Evidence Briefs:*** Handouts describing treatment options for psychological health conditions commonly experienced by service members, including whether or not there is evidence that they work. Use them to make decisions about what kind of treatment to ask your provider about.



***Psychological Health Resource Center:*** 24/7 call center for service members, veterans, and family members staffed by mental health clinicians who understand military culture. The center can answer questions about psychological health and help you access care and resources. Call 866-966-1020 for assistance.



***Real Warriors Campaign:*** DoD initiative that encourages service members, veterans, and family members who are coping with a psychological health concern to reach out for help. Find free, confidential resources including articles, print materials, videos, and podcasts at [www.realwarriors.net](http://www.realwarriors.net).



***Primary Care Behavioral Health:*** DoD program integrating behavioral health services and personnel into military primary care clinics to help service members and family members with a variety of physical health and mild psychological health concerns including weight loss, smoking cessation, pain management, sleep problems, anxiety, and depression.



***Clinical Support Tools:*** Downloadable resources to help patients and families better understand psychological health conditions and treatment options for posttraumatic stress disorder, depression, substance misuse, and suicide risk.

## Keep in Touch with Us

Visit our website at [health.mil/PHCoE](https://health.mil/PHCoE) to:

- Learn about prevention, screening, and treatment for common psychological health disorders
- Find more information on all of our services and resources listed here
- Subscribe to receive our latest products and updates to your email
- Submit suggestions for blog topics
- Contact us with questions

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