



Last Reviewed OCTOBER 2022

TRICARE[®] Mental Health and Substance Use Disorder Services

An Overview of TRICARE Mental Health and Substance
Use Disorder Services and Resources

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Today's AGENDA

- Mental Health Overview
- Covered Services
- Getting Care
- For Information and Assistance



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What Is Mental Health?



“A state of well-being in which a person realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community.”

– World Health Organization

What Are Mental Health Disorders?

“Health conditions that are characterized by alterations in thinking, mood, or behavior (or some combination of those) associated with distress and/or impaired functioning.”

- U.S. Department of Health and Human Services



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Covered Mental Health and Substance Use Disorder Services

TRICARE covers mental health and substance use disorder (SUD) services that are medically or psychologically necessary.

- TRICARE covers both:
 - Outpatient services (including via telemedicine)
 - Inpatient services (emergency and nonemergency)
- How you get care may depend on your beneficiary category and your health plan.
- Check with your regional contractor to see if you need a referral and/or pre-authorization.

Note: Not all services are available in all service areas.



Covered Outpatient Services

- Psychotherapy
 - Individual, family, and group
- Psychological Testing and Assessment
- Medication Assisted Treatment
 - Opioid Treatment Program
 - Office-Based Opioid Treatment
- Intensive Outpatient Program (IOP)
 - SUD or Psychiatric (Mental Health) Disorder
- Partial Hospitalization Program (PHP)
 - SUD or Psychiatric (Mental Health) Disorder
- Medication Management

Covered Inpatient Services

- Acute Inpatient Psychiatric Care
- Psychiatric Residential Treatment Center (RTC) Care for Children and Adolescents
- Inpatient and Residential Substance Use Disorder Rehabilitation Facility (SUDRF) Care
 - Inpatient Management of Withdrawal Symptoms (Detoxification)
 - Residential Substance Use Disorder Rehabilitation

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Active Duty Service Members



- Outpatient Care
 - Visit a military hospital or clinic. Find the nearest one at www.tricare.mil/mtf.
- Emergency Care
 - Call 911 or go to the nearest emergency room.
 - No referrals or pre-authorizations are required.
 - Obtain a continued-stay authorization if admitted.
- Nonemergency Inpatient Care
 - Get pre-authorization.

All Other Beneficiaries

- Outpatient Care
 - In most situations, referral and pre-authorization isn't required for outpatient mental health or SUD visits for TRICARE Prime beneficiaries.
 - Some outpatient services require a referral.
 - Psychoanalysis always requires pre-authorization.
 - Referral and supervision is always required to see pastoral counselors and may be required to see certain mental health counselors.

All Other Beneficiaries (continued)

- Emergency Care
 - Call 911 or go to the nearest emergency room.
 - No referrals or pre-authorizations are required.
 - Notify your primary care manager, regional contractor, or TRICARE Overseas Program Regional Call Center if admitted.
- Nonemergency Inpatient Care
 - Get pre-authorization.
- RTC and Residential SUDRF Care
 - Get pre-authorization.

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Finding a Provider

- TRICARE contractors have established provider networks in each region, including mental health providers.
- Go to your regional contractor's network provider directory to find a TRICARE-authorized mental health network provider in your area:

www.tricare.mil/finddoctor/allproviderdirectories.



Telemedicine Services

- To find a provider who offers telemedicine services, use TRICARE's Find a Doctor tool at www.tricare.mil/finddoctor, or reach out to your TRICARE contractor.
- East Region: Humana Military
 - Call: **1-800-444-5445**
- West Region: Health Net Federal Services, LLC
 - Call: **1-844-866-9378**
- Overseas Region: International SOS Government Services, Inc.
 - Call: Find country-specific numbers at www.tricare-overseas.com/contact-us
- For more information about telemedicine services, visit www.tricare.mil/coveredservices.

Mental Health and SUD Resources

- Military Health System Nurse Advice Line
 - Call **1-800-874-2273, option 1**
 - Visit www.mhsnurseadvice.com
- Military OneSource
 - Call **1-800-342-9647**
 - Visit www.militaryonesource.mil
- Veterans Crisis Line
 - Call **988, option 1**
 - Text **838255**
 - Visit www.veteranscrisisline.net
- Visit www.tricare.mil/mentalhealth for more resources.



Stateside Regional Contractors

- TRICARE East Region
Humana Military
1-800-444-5445
HumanaMilitary.com
www.tricare-east.com
- TRICARE West Region
Health Net Federal Services, LLC
1-844-866-WEST (1-844-866-9378)
www.tricare-west.com

Overseas Regional Contractor

- TRICARE Overseas Program
International SOS Government Services,
Inc.
www.tricare-overseas.com/contact-us

More Resources

- TRICARE Website
www.tricare.mil



- Publications
www.tricare.mil/publications
- milConnect
<https://milconnect.dmdc.osd.mil>