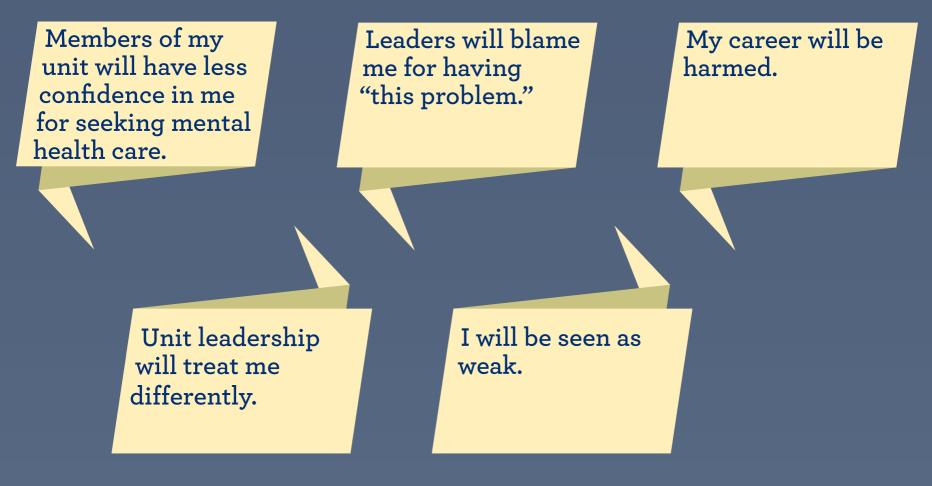
# **Barriers to Care: Career Concerns**

The problem: 60 70% of service members

with mental health symptoms **do not** seek treatment.

Survey research suggests that up to **35%** of service members believe receiving mental health treatment would negatively impact their careers.

Career concerns are among the factors that keep service members from seeking mental health care. Career impact fears include:



## Talking Points for Providers

While each service member should be treated on a case-by-case basis, research suggests three take-aways to discuss with service members who identify career concerns as a barrier to treatment:

#### The Importance of Early Treatment

Studies suggest that seeking treatment shortly after the onset of symptoms is less likely to yield negative career repercussions than later treatment-seeking.

#### Self-referred vs. Commandreferred Treatment

Self-referred treatment is associated with fewer duty restrictions and fewer provider disclosures to command than command-referred treatment.



### Mental Health Treatment and Security Clearance

Disclosing mental health treatment does not, in and of itself, adversely impact one's ability to gain or retain a security clearance. Only .002% of individuals who disclosed seeking mental health treatment on Standard Form 86 experienced negative outcomes with regards to their case. In fact, seeking help may favorably impact one's eligibility for a national security position.

Sources: Sharpe et al., 2015; Hom, 2017; Meadows et al., 2018; Ghahramanlou-Holloway, 2019; Office of the Director of Intelligence Press Briefing, 2013; Director of Intelligence Memorandum, 2016

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