

FIVE

THINGS TO KNOW ABOUT MENTAL HEALTH AND CONFIDENTIALITY

1



STANDARDS OF CONFIDENTIALITY

Health care providers are prohibited from sharing protected health information unless it is authorized by the service member or when authorized due to limits of confidentiality. (DODI 6490.08, Section 3.1)

2



ASK QUESTIONS

Prior to disclosing anything you are concerned about, carefully read your informed consent to fully understand the limits of confidentiality. Ask questions to make sure you understand.

3



YOUR MENTAL HEALTH INFORMATION

Commanders cannot access or share your mental health care information without meeting certain criteria. Specific criteria can be found in DODI 6490.08 "Command Notification Requirements to Dispel Stigma in Providing Mental Health Care to Service Members."

4



LIMITS TO CONFIDENTIALITY

Health care providers have the following limits of confidentiality:

- Harm to self
- Harm to others
- Harm to mission
- Special duty personnel
- Inpatient care
- Acute medical conditions interfering with duty
- Problematic substance use treatment program
- Command-directed mental health evaluation
- Other special circumstances

5



ADDITIONAL RESOURCES

These resources have differing confidentiality protections:

- Military chaplains
- Military and Family Life Counseling
- Military OneSource
- 988 Suicide & Crisis Lifeline
- Veterans Crisis Line
- Psychological Health Resource Center

REAL WARRIORS * REAL BATTLES
REAL STRENGTH

VISIT [HEALTH.MIL/REALWARRIORS](https://health.mil/realwarriors) to learn about resources for staying mission ready, or join the @RealWarriors community on Facebook and Twitter.

NEED TO TALK? Contact the Psychological Health Resource Center for free 24/7, confidential support:
• 866-966-1020
• health.mil/PHRC

IF IN CRISIS CALL/TEXT 988

ADDITIONAL RESOURCES:
• militaryonesource.mil
• health.mil/inTransition