

## Where to get help

When you've decided to seek help, knowing what resources are available and where to start can be tricky. Answer the questions below to help you figure out your options for getting help.

Are you in a mental health crisis? (thinking about hurting yourself or someone else)?

No

If you are in need of immediate assistance, please call or text the 988 Suicide & Crisis Lifeline at 988 or chat [988lifeline.org](https://988lifeline.org). You can also [text MHA to 741741](#) to talk to a trained counselor from the Crisis Text Line. [Warmlines](#) are also an excellent place for support.

Are you a current or former member of the military, or a dependent (spouse or child) of one?

No

## **Military**

### **Medical - TRICARE**

Active Duty Service Members should seek non-emergency treatment at military hospitals or clinics when possible. If care is not available through military hospitals or clinics, Active Duty Service Members must get an authorization and referral for care in another setting.

Non-Active Duty Service Members do not require prior approval or referral to see a mental health professional in an outpatient setting for up to 8 sessions. If more than 8 sessions are required, an individual needs to get authorization and referral for further treatment from their regional contractor.

TRICARE also has a 24/7 Nurse Advice Line at 1-800-874-2273.

For more information about seeking help through TRICARE, go to [http://www.tricare.mil/~media/Files/TRICARE/Publications/FactSheets/Mental\\_Health\\_FS.pdf](http://www.tricare.mil/~media/Files/TRICARE/Publications/FactSheets/Mental_Health_FS.pdf)

## **Veterans Administration**

Eligible veterans can get care through the V.A., which offers care in a variety of treatment settings. Learn more and find your nearest VA Facility or PTSD Program or Vet Center by visiting <http://www.mentalhealth.va.gov/gethelp.asp>. Download the “[Guide to VA Mental Health Services for Veterans & Families](#)” for detailed information about the kinds of care the VA provides and how and where to access mental health care.

Want more information about how insurance works? [How Insurance Works](#).

## **Non-Medical - Military OneSource**

Active Duty members of the armed services (including National Guard and Reservists, regardless of activation status) and their families can receive free, confidential counseling services for up to 12 sessions through Military OneSource. Non-medical counseling is provided in one of four ways: face-to-face, online, on the phone, or video (similar to Skype or FaceTime). This service is intended to help people find ways of addressing difficulties with relationships, stress management, grief and other issues.

After your 12 free sessions, your counselor will make suggestions about next steps.

## **24/7 Resources**

If you need more immediate or specific assistance in finding help, there are a number of 24/7 resources available:

### **Military Crisis Line**

Talk: Call 1-800-273-TALK (1-800-273-8255) and press "1"

Text: Send a message to 838255

Online: Chat online with a trained responder at

<http://www.veteranscrisisline.net/MilitaryChatTermsOfService.aspx?account=Military%20Chat>

### **Real Warriors Live Chat**

Talk: Call 866-966-1020

Online: Chat online with a trained resource consultant at

<http://www.realwarriors.net/livechat###>

If you would like some help figuring out the differences between types of mental health professionals, treatment options, and more, visit [/finding-right-mental-health-care-you](#) and [/conditions/b4stage4-get-help](#) .

Mental Health America has additional resources for military members and their families at [Military Mental Health](#) and a number of military-specific fact sheets are available by searching for “military” at [Mental Health Information](#).

If you would like to try some other options, here are some additional places to go for help:

Local MH Centers - [Finding Therapy](#)

MHA affiliates [Find an Affiliate](#)

<p>Are you a student?</p> <p><input type="radio"/> Yes</p> <p><input type="radio"/> No</p>
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## Student

If you are in junior high school or high school:

Your guidance counselor or school nurse can help you find resources or additional assistance, and can also help you talk to your parents about the difficulties you’re having.

Teens can also text “MHA” to 741741 for 24/7 confidential crisis text services.

If you are a college student:

Your college or university’s Campus Health Center is a good place to start. Typically they offer counseling services for little or no cost or can connect you with providers who work with the campus. You may also be able to find additional resources

through the Office of Student Life.

Many campuses have an Active Minds chapter, which can be a good place to find support from other students on campus who may be having difficulties with mental health. See if your school has an Active Minds chapter by using the interactive map at <https://www.activeminds.org/programs/chapter-network/>.

ULifeline.org can also connect students with resources.

If you are covered by your parents' health insurance:

Your family doctor can provide referrals to mental health specialists or prescribe medication to help with your symptoms. They will likely suggest that you see a specialist if this is the first time that you are seeking help for a mental health issue and don't have a diagnosis.

Your insurance company may require that you have treatment by a mental health specialist like a psychiatrist, psychologist or therapist authorized (usually for multiple sessions) before a visit. You will be able to find specifics by visiting your health insurance company's website or calling their customer service number (typically on the back of your insurance card). Ask your parents to help you with the details.

Want more information about how insurance works? [How Insurance Works](#)

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<p>Do you have health insurance?</p> <p><input type="radio"/> Yes</p> <p><input type="radio"/> No</p>
<p><input type="checkbox"/> Do you have insurance through a government program, like Medicaid or Medicare?</p>

Yes

No

Do you work for an employer who offers an Employee Assistance Program (EAP)?

Yes

No

## Medicaid/Medicare

### Medicaid

To find a doctor who accepts Medicaid payment for mental health treatment, we suggest using SAMHSA's Treatment Services Locator at <https://findtreatment.samhsa.gov>. Enter your ZIP code and you'll be taken to an interactive search map. Use the search options in the blue "Find Facility" box in the top-right corner of the page to select Mental Health, then in the drop-down menu under the section for "Payment/Insurance Accepted," check the box for "Medicaid." From there you can use the map or the list on the right side of the page to find providers.

You can also ask your Primary Care Provider or someone in their office if they know of a mental health provider who takes Medicaid. Many doctors' offices have a list of providers that they make referrals to.

### Medicare

A list of doctors who accept Medicare payment for mental health treatment can be found by using Medicare's Physician Compare tool at <http://www.medicare.gov/physiciancompare>. The Physician Compare tool allows you to search by location, and type of doctor or condition. We suggest starting with your ZIP code and the search term "mental health." You can also get help finding a provider and understanding your benefits over the phone by calling 1-800-Medicare (800-633-4227).

Want more information about how insurance works? [How Insurance Works](#)

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## **PCP/Insurance Company**

### **Primary Care Provider (PCP)**

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Your insurance company may require that you have treatment by a mental health specialist like a psychiatrist, psychologist or therapist authorized (usually for multiple sessions) before a visit. You will be able to find specifics by visiting your health insurance company's website or calling their customer service number (typically on the back of your insurance card). You can also ask your employer's HR person to help you understand your plan's behavioral health benefits.

Want more information about how insurance works? [/how-insurance-works](#)

If you would like some help figuring out the differences between types of mental health professionals, treatment options, and more, visit [Finding The Right Care](#) and [/conditions/b4stage4-get-help](#) .

### **Local MHA Affiliate**

Mental Health America has hundreds of affiliates across the country whose primary purpose it is to help members of the community find and access help for mental health concerns, conditions and illnesses. Services provided by MHAs vary, so you will need to explore what is available by finding the MHA closest to you.

Your MHA affiliate will know the local community and many of them can put you in touch with peer support from other people who have experienced similar difficulties with mental health, and help you find additional information and resources for mental health treatment.

Find your local affiliate by going to [Find Affiliate](#).

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Local MH Centers - [Finding Therapy](#)

## **EAP**

Your workplace may provide access to an Employee Assistance Program, or EAP. EAPs are intended to help maintain a healthy and productive workforce by providing short-term counseling and/or referral services to help individuals deal with struggles in their personal lives.

Ask your office's Human Resources person or department if this is a benefit provided by your employer and if available, how to access the resources offered by the EAP.

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<p>Are you active in your faith community?</p> <p><input type="radio"/> Yes</p> <p><input type="radio"/> No</p>
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## Churches/Houses of Worship

Local churches, synagogues or other places of worship may have either health ministries or a religious leader who has a counseling certification. It can be a comforting place to start.

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