

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 programs and resources for service members and their families to enhance psychological health and readiness.

Learn how we can help you:



inTransition: Free, voluntary program with coaches who provide psychological health care support to service members, veterans, and their health care providers any time a service member or veteran needs a new mental health provider. This could be when moving from one duty station to another, when leaving active duty, or when returning home following reserve or Guard duty. 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, to include whether or not they work. You can use them to make good decisions about what kind of treatment you may ask for.



Psychological Health Resource Center: 24/7 call center for service members, family members, and clinicians staffed by professional health resource consultants with expertise in psychological health and military culture. The center can answer questions about psychological health symptoms and help to find resources. Call (866) 966-1020 for assistance.



Real Warriors Campaign: DOD initiative that encourages service members, veterans, and military families who are coping with invisible wounds to reach out for help. Contact a trained health resource consultant at www.realwarriors.net/livechat for more help.



Primary Care Behavioral Health: Program integrating behavioral health specialists in military primary care clinics to help service members with a variety of physical health and mild psychological health concerns including weight loss, smoking cessation, 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 www.pdhealth.mil to:

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

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