RESOURCES FOR PATIENTS DEFERRED TO NETWORK FOR ROUTINE BEHAVIORAL HEALTH CARE:

1. Humana Military Website – to search for a civilian network provider.

<https://hmd.humana-military.com/ProviderSelection/>

Search by location via zip code; Provider Type is Behavioral Health

Specialty: Social Worker = Licensed Clinical Social Worker (LCSW); Psychologist; Counselor = LPC; Psychiatry & Neurology various options will populate providers in the area.

2. psychologytoday.com website – another website where patients and families can search for a civilian network provider. The search function allows patients to filter for providers who accept TriCARE. It also allows filtering by other criteria (provider’s special expertise, provider’s gender, etc…) and provides a picture and bio of potential providers.

3. Family Life Center – 703-805-2742 – provides therapeutic pastoral counselling to active duty, retirees and family members.

4. Military One Source – 1-800-342-9647 – will assist active duty and family members of active duty in finding a provider, will cover a certain number of sessions.

5. Veteran’s Affairs Clinic in the 1st Floor of the Sunrise Building – 571-231-2408 - has behavioral health services for retirees.

6. Army Community Services – 571-231-7001– provides multiple services for active duty and family members of active duty, including counselling services through the military family life counselors.

7. Give An Hour - <http://www.giveanhour.org/Default.aspx> - a non-profit organization offering free, confidential counselling to military members, veterans and family members affected by the wars in Iraq and Afghanistan.