

West Point Behavioral Health Resources

to achieve and sustain the most resilient and mentally fit force through resource connections, command consults, traumatic event management, and more.

Behavioral Services:

Outreach

- Assess Soldier needs
- Identify Options
- Connect to suited resources/supports

Command Consultation

- Advise on behavioral health (BH) regulations, profiles, evaluation processes
- Discuss options and resources to assist Soldiers with BH needs

Case Management

- Assist Soldiers in complex/severe situations
- Serve as a bridge between Soldier, Command, and other resources
- Connect to appropriate resources / support

How do I know if I need help?

- Changes in sleep
- Changes in mood (mood swings, intense anger, sadness that won't go away, anxiety that is difficult to manage)
- Trouble controlling use of alcohol or drugs
- Increase isolation
- Thoughts of harm to self or others

Find resources and our contact information at:
West Point Behavioral Health:
845-938-3441 / 4704

Substance Use Disorder Clinic: 845-938-7691

Hotlines, Counseling, & other Mental Health Help

TriCare (& other insurances) also provide counseling & psychiatric coverage

Tricare.mil/mentalhealth



998 option 1

or Text to 838255 for crisis support,

VA.gov to find VA hospitals, homeless services, & more



vetcenter.va.gov 877-927-8387

24/7 referral to nearest Vet Center for: *Free Counseling* (individual and group), referrals to military benefits, VSOs, employment, financial, homeless, & more



militaryonesource.mil 800-342-9647

free counseling for low risk behavioral health issues militaryonesource.mil also has hundreds of resources, including "Chill Drills", financial counseling, free tax filing and information on almost any military topic



GiveAnHour.org/military click on "Get Help"

Non-military, licensed therapists volunteer to provide FREE, counseling to Service Members and Family for up to a year.



Substance Abuse and Mental Health Services Administration

www.samhsa.gov

a branch of the US Dept of Health & Human Services that helps connect individuals to substance use treatment



vets4warriors.com or 855-838-8255 (TALK)

24/7 telephonic, confidential peer-to-peer support by veterans to help you find solutions



inTransition 800-424-7877 health.mil/intransition

Free and confidential program that offers specialized coaching and assistance for ADSM, NG members, Reservists, veterans and Retirees



TELEMYND

telemetrynd.com/humanamilitary or 866-991-2103 option 1

Virtual behavioral health services, psychology and psychiatry

DPHs & more Resources



• Confidential chat at VeteransCrisisLine.net or text to **838255** © 11/11 VHA

RECOGNIZE THE SIGNS OF SUICIDE RISK

- Thinking about hurting or killing yourself
- Looking for ways to kill yourself
- Talking about death, dying or suicide
- Self-destructive behavior such as drug abuse, weapons, etc.
- Hopelessness, feeling like there's no way out
- Anxiety, agitation, sleeplessness, mood swings
- Feeling like there is no reason to live
- Rage or anger
- Engaging in risky activities without thinking
- Increasing alcohol or drug abuse
- Withdrawing from family and friends

The presence of these signs requires immediate attention.

Call us if you experience any of these warning signs.



U.S. Department of Veterans Affairs

Local and Civilian Resources

Orange County Crisis Center: 1-800-832-1200

Samaritans NYC: 212-392-6237

Orange County Mobile Mental Health:
1-888-750-2266

Text 4 Teens: 845-391-1000

Military Family Life Counselors 845-219-4199

trained to work with military family delivering valuable face-to-face counseling services, briefings and presentations to the military community

Employee Assistance Program 845-938-1039

provides free, confidential, professional short term counseling and educational services to all civilian personnel and family members

National Resource Directory NRD.gov

comprehensive directory of services for Soldiers, Veterans, & Families



Psychological Health Center of Excellence (PHCOE)

health.mil/phrc 866-966-1020



24/7 support, info & many programs for psychological health & TBI

MakeTheConnection.net

Helpline volunteers work to answer questions, offer support and provide practical next steps for behavioral health care



www.nami.org/help or 1-800-950-NAMI (6264)



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The official website of the Military Health System

<https://health.mil/news/mobile-apps>

These mobile apps provide information and support to service members, veterans, and their families for a variety of health issues.

Finding Community Resources



Call 2-1-1 or visit 2-1-1.org to find local resources for crisis, food, housing, utilities, healthcare, employment.



helps locate social services and support groups in your community. Simply enter your zip code at AuntBertha.com



Social Services in your community, simply click on the service you need and scroll down to see what's available. ReliefBenefits.com