

## Helpful Resources

The resources below offer a range of behavioral health information, counseling tools, and assistance:

### TRICARE Web Site

[www.tricare.mil](http://www.tricare.mil)

### Military OneSource

1-800-342-9647  
[www.militaryonesource.com](http://www.militaryonesource.com)

### Mental Health Self-Assessment Program

1-877-877-3647  
[www.militarymentalhealth.org](http://www.militarymentalhealth.org)

### Department of Veterans Affairs

1-800-733-8387  
Suicide Prevention Lifeline: 1-800-273-TALK  
(1-800-273-8255), press 1  
[www.va.gov/hac](http://www.va.gov/hac)

### Guard and Reserve Web Portal

(apply for TRICARE Reserve Select)  
<https://www.dmdc.osd.mil/appj/trs/>

### TRICARE North Region

Health Net Federal Services, LLC  
1-877-TRICARE (1-877-874-2273)  
TRICARE Reserve Select: 1-800-555-2605  
[www.healthnetfederalservices.com](http://www.healthnetfederalservices.com)

### TRICARE South Region

Humana Military Healthcare Services, Inc.  
General Info and CHCBP: 1-800-444-5445  
National Guard and Reserve: 1-877-298-3408  
Warrior Navigation and Assistance Program:  
1-888-4GO-WNAP (1-888-446-9627)  
[www.humana-military.com](http://www.humana-military.com)

### TRICARE West Region

TriWest Healthcare Alliance Corp.  
1-888-TRIWEST (1-888-874-9378)  
TriWest Behavioral Health Crisis Line:  
1-866-284-3743  
[www.triwest.com](http://www.triwest.com)

### TRICARE Area Office (TAO)—Europe

Toll-free: 1-888-777-8343, option 1  
Comm.: 011-49-6302-67-7433  
DSN: 496-7433  
[www.tricare.mil/europe](http://www.tricare.mil/europe)

### TAO—TRICARE Latin America and Canada (TLAC)

Toll-free: 1-888-777-8343, option 3  
Comm.: 1-706-787-2424  
DSN: 773-2424  
[www.tricare.mil/tlac](http://www.tricare.mil/tlac)

Puerto Rico Call Center: 1-800-700-7104

### TAO—Pacific

Toll-free: 1-888-777-8343, option 4  
Comm.: 011-81-6117-43-2036  
DSN: 643-2036  
Remote Sites: 011-65-6-338-9277  
[www.tricare.mil/pacific](http://www.tricare.mil/pacific)

## The Basics of Self-Care

When returning home from active duty, a well-balanced daily routine can help make returning to your pre-deployment way of life easier.

- Spend time with your family.
- Get regular exercise.
- Maintain a balanced diet.
- Resume your hobbies.
- Return to your normal job.
- Get plenty of rest.

### *An Important Note about TRICARE Program Information*

At the time of printing, this information is current. It is important to remember that TRICARE policies and benefits are governed by public law. Changes to TRICARE programs are continually made as public law is amended. **Military treatment facility guidelines and policies may be different than those outlined in this product.** For the most recent information, contact your TRICARE regional contractor, TRICARE Service Center, or local military treatment facility.

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Behavioral Health Care for National Guard and Reserve Members



National Guard  
and Reserve:

Knowing When to Ask for Help

TRICARE

## Readjustment Is Normal

As a member of the National Guard or Reserve, you serve your country in two vital roles: protector and respected citizen. Transitioning from military action back into civilian life can often be as challenging as leaving home for deployment—for both you and your family. Upon returning home, you may find everyday activities stressful. Family matters that once were routine may now seem overwhelming. You may even find yourself avoiding work, household chores, or hobbies altogether.

These feelings are normal during the readjustment period, and with time they should pass. This flyer serves as a guide to help you understand the difference between normal readjustment issues and symptoms that might require care from a medical or behavioral health care provider.

## When Symptoms Persist

Being aware of how you feel is key. It is common to feel stressed, anxious, and even distant from your loved ones as you readjust to home life. But if these or other symptoms persist for more than a few weeks, you should seek professional assistance.

What's the first step? Start with your doctor. Schedule an appointment with your primary care provider, who can assess the situation and make any needed referrals.

If you are still unsure about seeking care, there are additional behavioral health care resources listed in the *Helpful Resources* section of this flyer. An entire network of support is available whenever and wherever you need it most.

## Recognizing Signs and Symptoms

During the readjustment stage, it is likely you and your fellow service members will experience anxiety or stress. Some of the signs and symptoms to watch for are:

- Lack of energy
- Difficulty sleeping or sleeping too much
- Rapid weight loss or gain
- Reduced performance at home or work
- Irritability
- Loss of appetite
- Anxiety
- Stress

These signs and symptoms are common and often resolve themselves within several weeks. If they persist or increase in intensity, your ability to perform daily activities can begin to diminish.

Take note when:

- **At work:** You're unable to concentrate and have difficulty completing tasks.
- **At home:** You have difficulty with or lack energy for everyday activities, such as caring for your home, paying bills, or keeping up your personal appearance.
- **In relationships:** You're unable to hold conversations with friends or you become emotionally unavailable to your family members.

Keep in mind that the initial joy of being home can sometimes hide or delay symptoms. It is also not uncommon to simply deny that something is wrong. However, ignoring these signs could lead to marital, work, or relationship problems and increase your chance of developing a more serious condition.

Common behavioral health conditions are best treated when detected early.

## Common Behavioral Health Conditions

**Stress:** Everyone experiences stress and copes with life's daily demands in different ways. Stress can affect your emotional and physical condition and, if untreated, can have severe, long-term effects on your health. It can lead to alternative means of coping, such as substance abuse, and can even result in marital problems or domestic violence.

**Depression:** Clinical depression is more than just feeling sad after a difficult period. Depression may be diagnosed when feelings of sadness, loss, and hopelessness last longer than a typical period of grief. Undiagnosed depression can lead to serious behavioral health issues, including substance abuse, suicidal thoughts, and anxiety and mood disorders.

**Post-Traumatic Stress Disorder (PTSD):** Service members are often subject to traumatic events while deployed. Memories of combat experiences can remain buried deep in the subconscious and unexpectedly emerge upon transition back into civilian life. You may experience flashbacks, nightmares, anxiety, and irritability. You may also feel exhausted because you're using all of your mental energy to deal with the threat of those reemerging experiences.

It's normal to experience a degree of post-traumatic stress when you return. The time to seek treatment is when these experiences persist and occur frequently.

## A Note about Mild TBI

Mild traumatic brain injury (TBI) is an invisible yet physical injury caused by being close to an explosion. Many of its symptoms are similar to those discussed in this flyer.

To suffer from mild TBI, you do not need to have been visibly harmed or even knocked unconscious. If you were near an explosion and suffer from symptoms such as poor concentration, anxiety, fatigue, and lack of energy, talk to your doctor.

## Where Can You Turn for Help?

In addition to consulting with your doctor, the following resources can also assist with behavioral health matters.

### Mental Health Self-Assessment Program:

Provides free online and telephone self-assessments. The assessments are voluntary and anonymous. Covered topics include behavioral health care and an alcohol self-assessment. Once the assessment is completed, information on where to go for a full evaluation is provided.

### Military OneSource:

Offers counseling services to military personnel and their family members. Each eligible member may receive up to six counseling sessions at no cost. Confidential counseling options are available in person and by phone, and address short-term issues, such as grief and loss, deployment adjustment, work/life management, and combat stress.

### TRICARE Coverage:

May be available to you and offers coverage for behavioral health services if you do not have private health insurance. When deployment ends, you may be eligible for the Transitional Assistance Management Program (TAMP) or the Continued Health Care Benefit Program (CHCBP). You may also be eligible to purchase TRICARE Reserve Select coverage. Visit the TRICARE Web site or call your service unit personnel office for details.

### Department of Veterans Affairs (VA):

Offers enhanced enrollment benefits and the full range of VA health care services to Operation Enduring Freedom and Operation Iraqi Freedom veterans for five years after discharge from the military. During this five-year period, VA will provide health care for any condition that may be related to combat service free of charge. For more information, contact your regional VA office.

ask for help