



# How to Connect to Behavioral Health Services\*

Guidance to support Uniformed Personnel in taking the steps to connect to services.



## Think About What Type of Service is Needed. Some Examples Below:

- Employee Assistance Program ( EAP) - A job benefit where employees can get counseling.
- Behavioral Health Outpatient Treatment - short-term therapy that can take place in a private office or clinic.
- Substance Misuse Treatment - Treatment that is specific to the use and/or misuse of substances.
- Peer Support - Someone with similar experience who works at your organization and can offer support.
- Mobile Crisis Services - Service that can meet with someone having a crisis in their home/community.

## Choose a Provider That Meets Your Needs:

- Once you decide what type of provider you need, choose a few options.
- Reach out directly to these options.
- Or, if comfortable, ask someone from your department to help you reach out.

## Important Questions to Ask:

- Do you accept my insurance?
- Do you have immediate openings?
- What training(s) have you had that could help me?
- Do you have experience working with people who have a job like mine?
- How would you respond if someone you were working with was high risk for suicide?

## What to Expect From Treatment:

- Someone who is safe and trustworthy to help you take the first steps.
- A wide spectrum of care to address many concerns.
- Being able to address fears and stress and to learn skills that help.
- Knowing that there is help and hope and that treatment works.

## Connect to Help

### 988 Suicide & Crisis Lifeline:

Call or text 988 | Chat: [988lifeline.org/chat/](https://988lifeline.org/chat/)

### Crisis Text Line:

Text Got5 to 741-741

### The Trevor Project:

Call 1-866-488-7386 | Text START to 678678

### Veterans Crisis Line:

Call: 988 (press 1) | Text: 838255 | Chat: [veteranscrisisline.net/get-help-now/chat](https://veteranscrisisline.net/get-help-now/chat)

*\*Behavioral health services include both mental health and substance use/misuse services.*