

Military Special Operations Family Collaborative

WELLNESS RESOURCES FOR FAMILIES

SEEKING PROFESSIONAL SUPPORT

The decision to seek professional support for well-being is highly personal. You may decide to seek professional support if you are struggling to cope with the challenges of the special operations family lifestyle. Always seek professional help if you have thoughts about hurting yourself or others.

RECOMMENDED RESOURCES

When reaching out for professional support, be sure to consider where you are comfortable seeking help (online/app resource, military affiliated, nonprofit, medical referral, etc). Look for options that are more likely to have familiarity with special operations stress. And always be an advocate for yourself!



CENTERSTONE

- Free counseling up to 12 visits for active duty service members, national guard and reserve, veterans, and their families
- International and 4 physical locations in TN, IN, IL, and FL
- Call 1-866-726-4560 or visit centerstone.org/military-services



- Confidential, no cost, mental health services to qualified individuals
- Service is not strictly military based, but they do serve military & vets
- Search for a provider at giveanhour.org/military



- High quality mental health services in person at nationwide clinics and via telehealth for veterans and family members
- Appointments for telehealth can be scheduled by calling 833-CVN-NETS or online at cohenveteransnetwork.org



- Outpatient mental health requires no referral or prior authorization at military treatment facilities & in-network civilian providers
- Telehealth services include family, group, and psychotherapy
- East Region: Humana Military 1-800-444-5445
- West Region: Health Net 1-844-866-9378
- Find a provider at tricare.mil



- Confidential, face-to-face, and free counseling from licensed mental health counselors through the Military Family Life Counselors
- Contact 1-800-342-9647 or live chat at militaryonesource.mil for more information



- Meditation and mindfulness app
- FREE for Blue Star Families members at bluestarfam.org/perks