

Behavioral Health Resources

Annual Report on Suicide in the Military CY 2022

IF YOU OR SOMEONE YOU KNOW NEEDS HELP:



IN CASE OF AN EMERGENCY, DIAL 911
or your local emergency number for **immediate assistance.**



FREE and CONFIDENTIAL | AVAILABLE 24/7
Qualified and caring responders understand the challenges that Service members and their loved ones face, and they are ready to assist Service members and their families in crisis.



CALL 988 then press 1



CHAT www.MilitaryCrisisLine.net



TEXT 838255



Europe
Call 00800 1273 8255 or DSN 118

Japan/Korea
Call 0808 555 118 or DSN 118

Philippines
Call #MYVA or 02-8550-3888 and press 7

For the latest overseas calling information, please check www.MilitaryCrisisLine.net/



Improving Health and Building Readiness. Anytime, Anywhere — Always



Behavioral Health Resources (Cont'd)



**CALL 800-342-9647 If CONUS
800-342-9647 or
703-253-7599 If OCONUS**

<https://www.militaryonesource.mil/international-calling-options/>



CHAT

<https://livechat.militaryonesourceconnect.org/chat>



WEB www.MilitaryOneSource.mil



APP My Military OneSource

(Available from Google Play and the Apple App Store)

**NONCRISIS SERVICES ARE
FREE, CONFIDENTIAL, AND
AVAILABLE 24/7.**

Service members, including the National Guard and Reserve, and eligible family members can get support for noncrisis concerns, such as relationship, family, or financial challenges.

Face-to-face, phone, online, or video counseling sessions are available.

Rectangular Snip



Behavioral Health Resources (Cont'd)

- PHCoE Brochures
- Download these brochures to learn how PHCoE projects, resources, and services can help **health care providers** and service members:
- [Providers: How PHCoE Can Help You](#)
- [Service Members: How PHCoE Can Help You](#)
- [Psychological Health Analytics](#)
- [Psychological Health Promotion](#)
- [Evidence-Based Practice](#)
- [Practice-Based Implementation Network](#)
- [Evidence Synthesis and Research Gaps Analysis](#)
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