WHERE TO GO

When you've decided to seek help, knowing what resources are available and where to start can be tricky. Use this decision map to help you figure out your options. If you don't find help where a path ends, try any of the resources in the gold boxes.

START HERE

ACTIVE DUTY

MilitaryOne Source provides confidential, short-term counseling for active duty military personnel and their families.

Military Chaplains are mental health service providers.

TRICARE has a 24/7 Nurse Advice Line at 1-800-874-2273.

VETERANS

Eligible veterans can get care through the V.A. Visit va.gov/health or call 1-877-222-8387.

MEDICAID

Providers who accept Medicaid may be listed by your state Medicaid office, which you can find by searching medicaid.gov.

MEDICARE

A list of participating doctors can be found at medicare.gov (Click on "Providers & Services").

LOCAL MENTAL HEALTH CENTERS

The names vary from state to state, but local mental health departments or community organizations provide free or low-cost treatment and services on a sliding scale, so qualifying people pay based on their income.

Are you in a mental health crisis (thinking about hurting yourself or someone else)?



Call 1-800-273-TALK (8255), go to your local Emergency Room or call 911 as soon as possible. You can also text "MHA" to 741-741 for confidential crisis text services.

YES

NO

Are you a current or former member of the military, or the spouse or child of one?

Do you have insurance through a government program, like Medicaid or Medicare?

Medicaid or Medicare?

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NO

Do you have health insurance?

Are you a student?

NO

NO

Do you work for an employer who offers an Employee Assistance Program (EAP)?

STUDENT RESOURCES

Your school's guidance counselor can talk through things with you and help you find resources or additional help.

COLLEGE RESOURCES

Your college or university may have a Campus Health Center, or offer referrals to help through the Office of Student Life or Campus Living.

Active Minds has 1,000+ chapters that act as a support community on campuses across the U.S. See if there is a chapter at your school at activeminds.org/programs.

ULifeline.org can also help you connect to mental health resources.

PRIMARY CARE PROVIDER

Your regular or family doctor can provide referrals to mental health specialists or prescribe care in the meantime.

YOUR INSURANCE COMPANY

Your insurance company has a database of providers in your network, which can result in lower costs. You may have to call more than one mental health provider to see who is taking new patients and ask about wait times.

Most insurance companies also have a Nurse hotline.

AF2

EMPLOYEE ASSISTANCE PROGRAM (EAP)

Your EAP may provide a counseling benefit for a limited number of services or referrals to other providers. Ask your company's HR department for more information.

Are you active in your faith community?

NO

YES

PLACES OF WORSHIP

Local churches,
mosques, synagogues or
other places of worship
may have health
ministries or a religious
leader who has a
counseling certification.

Contact Mental Health Minnesota, which provides online mental health screenings, information, resources, treatment referrals, and peer support.

Chat online at www.mentalhealthmn.org or call 833-HERE4MN





