

Behavior Health *service options*



- Family members do not need referrals or prior authorizations for the first **EIGHT (8)** visits per fiscal year (Oct. 1 – Sept. 30).
 - Prior authorization is required before the ninth visit.
- Services must be provided by a network provider.

Contact ValueOptions at 1.800.700.8646 or Tricare at 1.800.444.5445



800-342-9647

- 24/7 confidential resources
- **TWELVE (12)** sessions per issue for non-medical, short-term concerns.
- Services available face-to-face, online, phone, & video



*This information is provided for reference purposes only. Please contact each organization for full details regarding eligibility & available services. For more information about the Exceptional Family Member Program (EFMP) or services available to EFMP families such as **respite care** or the **services plan**, please contact: Rita H. Lung, NHP EFMP Liaison at 850.505.6822 or rita.h.lung.ctr@mail.mil.*



Naval Hospital Pensacola **Mental Health Clinic** can provide outpatient medical & non-medical services to adults ages 18 – 64 with a referral from your PCM.

Location	NHP 6 th deck, room 6034
Hours	Monday – Friday 0730-1600
Front Desk	850.505.6749 or 850.505.6743
Emergency	850.505.6198 or 850.505.6199
NHP Social Work:	850.505.6741 24/7 Suicide Hotline: 850.438.1617



CHAPLAINS are trained counselors attuned to military lifestyle issues & prepared to offer confidential & professional assistance.

Duty Chaplain	850.452.4786	NHP	850.505.6481
Corry Station	850.452.6376	TRAWING 6	850.452.2496
NATTC	850.452.7422	MATSG-21	850.452.9413
NASC	850.452.4142	NASP Chapel	850.452.2341 x5



The Fleet & Family Support Center **Counseling Program** can address non-medical concerns for children & adults with up to 12 sessions.

Location	151 Ellyson Ave., Bldg 625, NAS Pensacola
Hours	Mon. – Fri. 0730-1600, T/Th until 1700
Front Desk	850.452.5990

Non-medical counseling is designed to address everyday concerns, such as improving relationships at home & at work, stress management, anger management, adjustment after deployment, parenting, & grief issues. Non-medical counseling is generally a **short-term, problem-solving approach** to enhance military family readiness.

Medical counseling is designed to assist with **long-term** issues, such as drug & alcohol abuse, psychological concerns, post-traumatic stress disorder, traumatic brain injury, child or spousal abuse, suicidal ideation or other psychological issues.

Type of Provider	Education	Treatment	Prescribe Drugs?	Details
Psychiatrist	Medical degree with advanced training in psychiatry	Psychotherapy, counseling and more serious conditions that can be helped with prescription drugs	Yes	Works with psychologists or licensed clinical social workers
Clinical Psychologist	Doctoral-level degree in psychology	Psychotherapy, psychological testing and counseling services	No	Works with psychiatrists and family doctors
Certified Psychiatric Nurse Specialist	Master's degree	Psychotherapy and other therapy	No, but can help manage prescriptions	Licensed and certified by the American Nurses Association
Certified Clinical Social Worker	Master's degree in social work with training in psychotherapy	Psychotherapy and counseling services	No	
Certified Marriage and Family Therapist	Master's degree in counseling with an emphasis on family and marriage therapy	Individual, marriage and family counseling	No	Must agree to participate in TRICARE
TRICARE Certified Mental Health Counselor	Master's degree in counseling	Counseling services	No	Referral and physician oversight not required
Supervised Mental Health Counselor or Pastoral Counselor	Master's degree in counseling	Counseling services	No	A referral from medical doctor and physician oversight is required