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

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 6th 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
Corry Station: 850.452.6376
NATTC: 850.452.7422
NASC: 850.452.4142
NHP: 850.505.6481
TRAWING 6: 850.452.2496
MATSG-21: 850.452.9413
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

This information is provided for reference purposes only. Please contact each organization for full details regarding eligibility & available services.
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.

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