

Covered Mental Health Services

TRICARE covers certain outpatient and inpatient mental health services, as detailed in the [TRICARE Mental Health and Substance Use Disorder Services Fact Sheet](#).

Outpatient Services

Outpatient treatment is available at some military hospitals and clinics. You can also get care from TRICARE-authorized civilian providers. Appointments may be in person or via [telemedicine](#).

Some types of covered outpatient treatment include:

- **[Psychotherapy](#):** Discussion-based therapy in individual, family, or group settings
- **[Psychological testing and assessment](#):** Covered when medically or psychologically necessary, or during the assessment process under the [Autism Care Demonstration](#)
- **[Intensive outpatient program](#):** Therapy and medication management where patients go to a treatment center for several days a week, a few hours at a time
- **[Partial hospitalization program](#):** Daytime treatment, where the patient lives at home and commutes to get treatment for six or more hours per day, up to seven days a week

Inpatient Services

You may need more intensive treatment that requires you to stay in a hospital or treatment center. If so, TRICARE covers:

- **[Inpatient hospital services](#):** Treatment for concerns that require inpatient hospitalization (like psychiatric emergencies or substance use withdrawal symptoms)
- **[Psychiatric residential treatment centers](#):** Extended care for children and adolescents who need 24/7 treatment in a therapeutic environment

Looking for a full list of covered mental health services? You can find more information on [covered treatments](#). Or you can search for specific services on the [Covered Services](#) page.

Note: Some mental health services may not be available overseas. Check with the [TRICARE Overseas contractor](#) for more information.

Mental Health Care Costs

Use the [Compare Costs](#) tool to check your out-of-pocket costs for mental health services. You'll have lower costs by getting care at military hospitals or clinics or from TRICARE-authorized network providers. ADSMs have no costs for mental health services from or authorized by the Military Health System.

Mental health is health—and it's an important part of your overall wellness. Looking for a [mental health provider](#)? Check out the [Find a Doctor](#) tool. You can also find more resources and information on TRICARE's [Mental Health Care](#) page.