

Mental Health Care

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Everyone reacts to stress and traumatic experiences differently. While some have reactions that can be seen as normal responses to life events, others may experience signs or symptoms of more serious conditions. It's important to seek help if you're concerned that you or a loved one may be experiencing mental illness. Mental health is an important part of overall health and well-being, yet mental illness affects millions of people worldwide.

Mental health disorders include:

- Anxiety
- Depression
- Seasonal affective disorder
- Post-traumatic stress disorder
- Other mental illnesses

If you or someone you know needs support now, call or text 988, or chat at [988Lifeline.org](https://www.988lifeline.org). 988 connects you with a trained crisis counselor who can help.

Visit [Mental Health Appointments](#) for information on setting up an appointment based on your TRICARE health plan.

Mental health problems can affect your thoughts, mood, and behavior.

- If you or a family member needs help, call a [crisis hotline](#) now!
- If you aren't sure, call the [MHS Nurse Advice Line](#).

Learn about TRICARE's mental health care coverage.

- [Emergency and nonemergency mental health care](#)
- [Covered treatments](#)
- [Mental health care costs](#)
- [Substance use disorder treatment](#)

[Find your local military hospital or clinic](#) to learn about their mental health care services.

Read these articles for more information

- [TRICARE Is Your Partner in Mental Health Care](#)
- [Let's Talk: Youth, Mental Health, and TRICARE](#)

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