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BADGER BENEFITS BRIEF



WISCONSIN



FEELING STRESSED, ANXIOUS OR DEPRESSED? HELP COULD BE JUST A "CLICK" OR PHONE CALL AWAY

Free, anonymous mental health self-assessment available on the web and over the phone

Have you been feeling consistently moody or sad? Can't relax or concentrate? Been alternating between highs and lows? Have you been troubled by unexplained aches and pains? Are you unable to eat or sleep? If so, you may be suffering from a mental health disorder. The military is offering free online mental health and alcohol self-assessments for a range of common emotional situations that often go undiagnosed and misunderstood. If you've been feeling disconnected and unlike your usual self lately, this program can help you put the pieces back together. The self-assessment program offers self-tests for depression, bipolar disorder, generalized anxiety disorder, and post-traumatic stress disorder. It is available at www.MilitaryMentalHealth.org and 1-877-877-3647.

Questions included on the online assessment are:

- Have you lost pleasure in things you used to enjoy?
- Do you have trouble sleeping or eating?
- Does your mood fluctuate between overly "high" to sad and hopeless?
- Are you keyed up and anxious all the time?
- Are you having nightmares about something that happened in the past?
- Do you suffer from unexplained aches and pains?

Once the self-assessment is completed, you will be given information on where to turn for a full evaluation. The Mental Health Self-Assessment Program is a voluntary, anonymous mental health and alcohol self-assessment and referral program offered to military families and service members affected by deployment. It is offered online and via the telephone 24/7, as well as through local in-person events. This program is offered without charge through the DoD, Force Health Protection and Readiness, Office of the Assistant Secretary of Defense, Health Affairs.

Prime Expanded to National Guard and Reserve Members Overseas On Temporary Duty

Falls Church, VA – Assistant Secretary of Defense for Health Affairs, Dr. William Winkenwerder, approved a new policy making National Guard and Reserve members on temporary duty for more than thirty days eligible for TRICARE Overseas Program Prime, TRICARE Global Remote Overseas and TRICARE Puerto Rico Prime enrollment. Previously, all National Guard and Reserve members on temporary duty for fewer than 180 days were not eligible to enroll in overseas Prime programs. They were limited to urgent and emergency care services while serving in overseas areas. National Guard and Reserve members on orders for thirty days or less will remain eligible for urgent and emergency care services in overseas areas. National Guard and Reserve members serving within a military treatment facility service area must enroll at that military treatment facility. Members should contact the TRICARE Service Center supporting the local MTF to enroll. For a listing of TRICARE Service Centers, members may visit www.tricare.mil/overseas/contact_overseas.cfm.

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