



## Behavioral Health Resources in support of TRICARE Beneficiaries and TRICARE Reserve Select Members

*Combat Stress Related Disorder Video  
Conference for Providers in Montana*

### **Battlemind Training**

<http://www.battlemind.org>

This website for the USA MRMC Walter Reed Institute of Research- Psychiatry and Neuroscience includes an excellent downloadable Battlemind Training Video for soldiers and families along with instructor

materials and other training products.

### **National Center for PTSD**

<http://www.ncptsd.va.gov>

This website includes information for veterans, families, and the public. Other useful web resources are listed in a tab on this site.

### **Iraq War Clinician Guide, 2<sup>nd</sup> Edition**

[www.ncptsd.va.gov/war/guide](http://www.ncptsd.va.gov/war/guide)

### **VA/DoD Clinical Practice Guidelines**

<http://www.oqp.med.va.gov/cpg/cpg.htm>

The following conditions are represented:

- Post-Deployment Health Evaluation & Management
- PTSD
- Major Depressive Disorder
- Substance Abuse Disorder

### **Management of Post-Traumatic Stress in Primary Care**

Clinical Practice Guidelines

[http://www.oqp.med.va.gov/cpg/PTSD/PTSD\\_cpg/frameset.htm](http://www.oqp.med.va.gov/cpg/PTSD/PTSD_cpg/frameset.htm)

**Montana Mental Health Association**

321 East Main St.. #314  
P.O. Box 88, Bozeman, MT 59771  
Phone: 1-406-587-7774  
Email: [info@montanamentalhealth.org](mailto:info@montanamentalhealth.org)  
[www.montanamentalhealth.org](http://www.montanamentalhealth.org)

**National Association of Mental Illness (NAMI)**

P.O. Box 1021  
Helena, MT 59624  
406-443-7871  
[www.namimt.org](http://www.namimt.org)

**Brain Injury Association of Montana**

1280 S. 3<sup>rd</sup> West, Suite 4  
Missoula, MT 59801  
406-541-6442  
800-541-4360 (toll free inside Montana)  
Email: [biam@biamt.org](mailto:biam@biamt.org)  
[www.biamt.org](http://www.biamt.org)

**Montana Veterans' Affairs Division**

Federal and state VA Veterans' services facility listing  
406-324-3740  
<http://dma.mt.gov/mvad/facilities/state.asp>

**Military OneSource**

A 24-hour, seven-day-a-week information and referral telephone service available worldwide to active duty, Reserve, and National Guard military members and their families, and deployed civilians and their families. Counseling referrals can be provided for six sessions per issue with professional civilian counselors at no cost to the military or family member (available in the United States and Puerto Rico only).

From the US: 1-800-342-9647

Outside the US: (country access code) 800-3429-6477 (dial all 11 numbers)

Internet: [www.militaryonesource.com](http://www.militaryonesource.com)

**Management of Post-Traumatic Stress Disorder**

*Clinical Practice Guideline Working Group, Veterans Health Administration,  
Department of Veterans Affairs and Health Affairs, Department of Defense, 2003*

[www.oqp.med.va.gov/cpg/PTSD/PTSD\\_Base.htm](http://www.oqp.med.va.gov/cpg/PTSD/PTSD_Base.htm)

### **Reintegration Road Map: Shared Sense of Purpose**

A four-step guide on how couples can reestablish a shared sense of purpose. From the Uniformed Services University of the Health Sciences, Bethesda, MD, Courage to Care health promotion campaign.

[www.usuhs.mil/psy/RFSP.pdf](http://www.usuhs.mil/psy/RFSP.pdf)

### **Mental Health Self-Assessment Program**

*Department of Defense*

Anonymous mental health/alcohol screening and referral program for service members and families affected by deployment and/or mobilization.

[www.MilitaryMentalHealth.org](http://www.MilitaryMentalHealth.org)

### **Veterans and Families**

A national non-profit community service and support organization, founded and directed by Veterans, parents, grandparents, family members, employers, mental health professionals, academics and community leaders.

[www.Veteransandfamilies.org](http://www.Veteransandfamilies.org)

### **Healthy Choices for Life**

Healthy Choices is sponsored by TRICARE, the military health care system, a part of the Department of Defense (DoD).

<http://www.tricare.osd.mil/healthychoices/>