

MOARNG Psychological Health Program

WHO WE ARE AND HOW WE HELP

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What is the Psychological Health Program?

- We are the Missouri Army National Guard's full time mental health staff
- Our program includes one Director of Psychological Health and two Psychological Health Coordinators, all based out of ISTS in Jefferson City
- Ways we support Service Members and their families:
 - Exploring effective coping strategies
 - Providing education regarding behavioral health symptoms or diagnosis
 - Discussing effective types of behavioral health treatment
 - Providing community referrals for treatment services in your area
 - Short term, solution-focused counseling
 - Ongoing support to SMs who are on a behavioral health profile

Who we are and how to reach us



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Early intervention is key to preventing crisis. Please reach out to us!