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# MISSOURI ARMY NATIONAL GUARD PSYCHOLOGICAL HEALTH PROGRAM

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## DIRECTOR OF PSYCHOLOGICAL HEALTH

Ms. Thomas brings more than twenty years of clinical experience to the statewide coordination of the MOARNG Psychological Health Program. As a clinical provider, she is available to provide support, guidance and psychoeducation to Commands and service members. Ms. Thomas also provides postvention support and is available for on-call guidance during drill activities.

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## PSYCHOLOGICAL HEALTH COORDINATORS

Psychological Health Coordinators (PHCs) are MOARNG's first line of support for Soldiers who need help with coping skills and strategies to address stress, depression, anxiety, family issues, and overall wellness and resilience. PHC's provide brief, solution-focused interventions and connect service members with valuable community and VA resources.

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