



MISSOURI ARMY NATIONAL GUARD PSYCHOLOGICAL HEALTH PROGRAM



EARLY INTERVENTION IS KEY TO PREVENTING CRISIS

HOW WE CAN HELP:

- INFORMATION AND EDUCATION ABOUT MENTAL HEALTH, SYMPTOMS, AND EFFECTIVE TREATMENT OPTIONS
- CONNECTION TO COMMUNITY TREATMENT SERVICES IN YOUR AREA
- EXPLORE EFFECTIVE COPING STRATEGIES AND RESILIENCE FOR STRESS, FAMILY ISSUES, ANXIETY, DEPRESSION, PTSD, AND MORE
- SHORT TERM, SOLUTION-FOCUSED COUNSELING
- SERVICES ARE AVAILABLE TO BOTH SERVICE MEMBERS AND THEIR FAMILIES

YOUR FULL-TIME MENTAL HEALTH PROVIDERS



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You can contact an individual provider above, or you can email the team at ng.mo.moarng.mbx.bh-team@army.mil and a provider will follow up with you.

National Suicide & Crisis Line: Call or Text 9-8-8