

## **MILITARY PATHWAYS**

Source: <https://www.militarymentalhealth.org>

### **About Military Pathways™**

<https://www.militarymentalhealth.org/About.aspx>

To help those who may be struggling, the Department of Defense teamed up with the nonprofit organization, Screening for Mental Health®, to launch Military Pathways™ (formerly the Mental Health Self-Assessment Program®). The program is available online, over the phone, and at special events held at installations worldwide. It provides free, anonymous mental health and alcohol self-assessments for family members and service personnel in all branches including the National Guard and Reserve. The self-assessments are a series of questions that, when linked together, help create a picture of how an individual is feeling and whether they could benefit from talking to a health professional.

The primary goals of the program are to reduce stigma, raise awareness about mental health, and connect those in need to available resources. The self-assessments address depression, posttraumatic stress disorder (PTSD), generalized anxiety disorder, alcohol use and bipolar disorder. After an individual completes a self-assessment, s/he is provided with referral information including services provided through the Department of Defense and Veterans Affairs.

### **Welcome to the Screening Program**

<https://www.militarymentalhealth.org/Welcome.aspx>

Military life, especially deployments or mobilizations, can present challenges to service members and their families that are both unique and difficult. Some are manageable, some are not. Many times we can successfully deal with them on our own. In some instances matters get worse and one problem can trigger other more serious issues. At such times it is wise to check things out and see what is really happening. That's the purpose of these totally anonymous and voluntary self-assessments.

These questions are designed so you can review your situation with regard to some of the more common mental health issues. The screening will not provide a diagnosis – for that you need to see a professional. But, it will tell you whether or not you have symptoms that are consistent with a condition or concern that would benefit from further evaluation or treatment. It will also give you guidance as to where you might seek assistance.