

FOR IMMEDIATE RELEASE:
Nov. 9, 2009

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Military Pathways[™] Available for Service Members

Help Available at www.militarymentalhealth.org

FALLS CHURCH, VA – The Psychological Health division of the Office of the Deputy Assistant Secretary of Defense for Force Health Protection and Readiness (FHP&R) today reminded members of the military community that mental health and education resources are available through *Military Pathways*. Information can be accessed by visiting the Military Pathways web site at www.militarymentalhealth.org or by calling toll-free, 1-877-877-3647.

Military Pathways is a joint effort coordinated and administered by the Department of Defense (DoD) and the Massachusetts-based non-profit organization *Screening for Mental Health*. The service provides free, anonymous mental health 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 mental 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. For more information, visit www.militarymentalhealth.org or call toll-free, 1-877-877-3647.

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Force Health Protection and Readiness is part of America's Military Health System, a unique partnership of medical educators, medical researchers, and health care providers and their support personnel worldwide. This DoD enterprise consists of the Office of the Assistant Secretary of Defense for Health Affairs; the medical departments of the Army, Navy, Marine Corps, Air Force, Coast Guard, and Joint Chiefs of Staff; the Combatant Command surgeons; and TRICARE providers (including private sector health care providers, hospitals and pharmacies).