



TRICARE TIPS  
FOR HEALTHY LIVING  
IN SUPPORT OF

**OPERATION**  
★ Live Well ★



# TRICARE TIPS FOR HEALTHY LIVING

## Suicide Prevention

*The Defense Department takes the issue of suicide very seriously and is actively working to reduce the number of suicides.*





# TRICARE TIPS FOR HEALTHY LIVING

## The Facts

- Suicide is a complex issue. Just as in the general population, suicide in the military is usually associated with relationship problems, financial distress, legal issues, and depression.
- Based on the data, there appears to be no direct link between deployment and an associated risk of suicide.





# TRICARE TIPS FOR HEALTHY LIVING

## Know the Signs of Someone in Trouble

- hopelessness/anxiety
- withdrawing from family and friends and no longer enjoying favorite activities
- feeling like there is no way out or reason to live
- -giving away possessions/making arrangements for someone to care for pets
- self-destructive behavior, such as alcohol and drug abuse
- acquiring weapons or other lethal means
- talking about death





# TRICARE TIPS FOR HEALTHY LIVING

## Make the Call

Service members or their families in crisis should seek help immediately by contacting the Military Crisis Line.

- Dial 800-273-8255 (press 1 for military) for 24/7 crisis support.
- The crisis line also provides an online chat ([www.militarycrisisline.net](http://www.militarycrisisline.net)) and text service (838255).



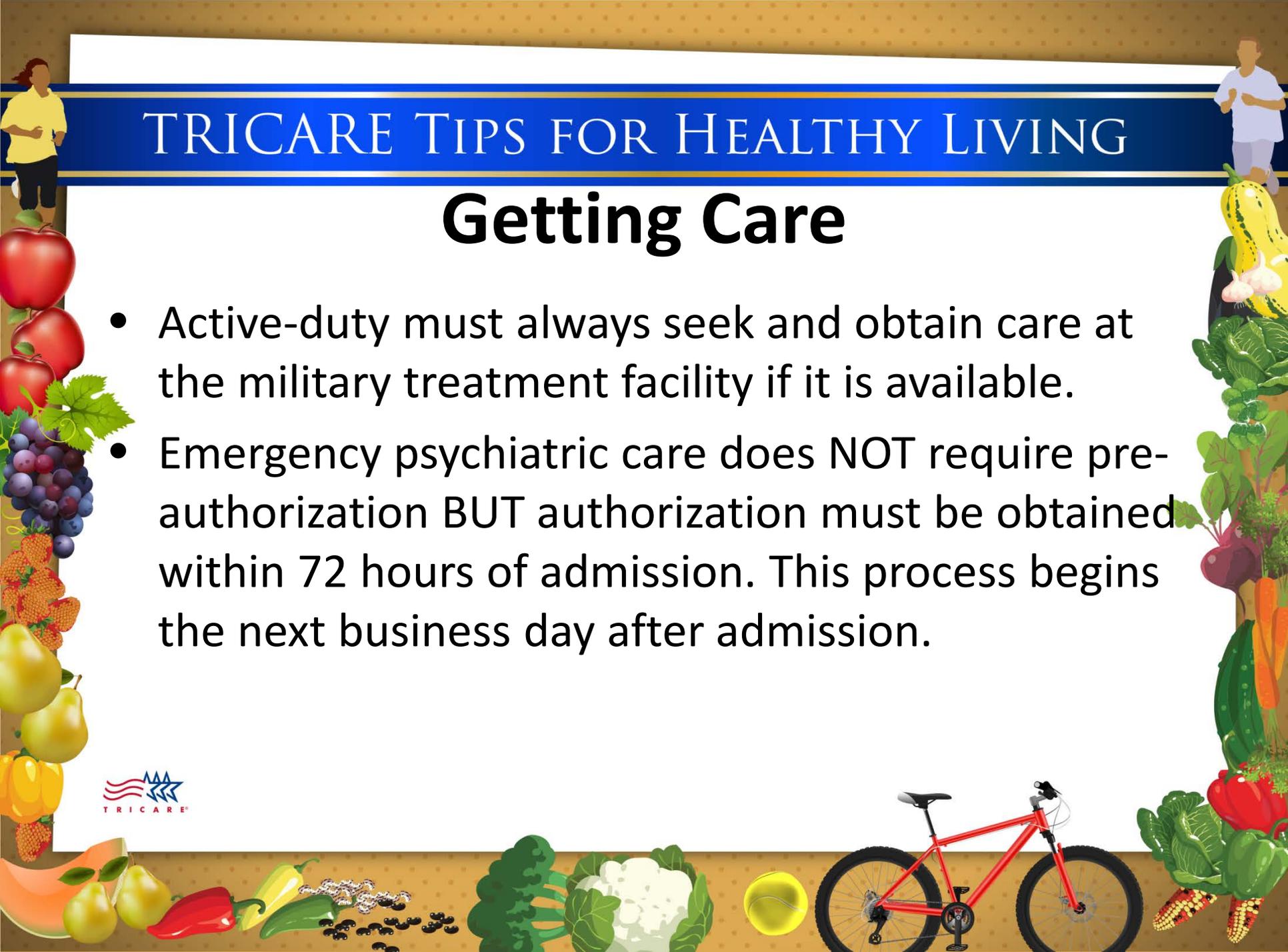
# TRICARE TIPS FOR HEALTHY LIVING

## Make the Call, con't.

Service members or their families who would just like to talk to someone who has shared similar experiences should contact **Vets4Warriors**. They will be linked to a peer who is trained to assist them in overcoming their obstacles.

- Call 855-838-8255
- email [info@vets4warriors.com](mailto:info@vets4warriors.com)
- or chat online at [www.vets4warriors.com](http://www.vets4warriors.com)





# TRICARE TIPS FOR HEALTHY LIVING

## Getting Care

- Active-duty must always seek and obtain care at the military treatment facility if it is available.
- Emergency psychiatric care does NOT require pre-authorization BUT authorization must be obtained within 72 hours of admission. This process begins the next business day after admission.





# TRICARE TIPS FOR HEALTHY LIVING

## Resources Available

TRICARE covers mental health care that is medically necessary.

- Acute Inpatient Psychiatric Care
- Partial Hospitalization
- Psychological Testing
- Psychotherapy
- Residential Treatment Facility Care
- Substance Abuse Treatment
- Telemental health services



# TRICARE TIPS FOR HEALTHY LIVING

## Resources Available, con't.



**DEFENSE CENTERS OF EXCELLENCE**  
For Psychological Health & Traumatic Brain Injury

Call 1-866-966-1020

Email: [resources@dcoeoutreach.org](mailto:resources@dcoeoutreach.org)



# TRICARE TIPS FOR HEALTHY LIVING

## Additional Resources

TRICARE.mil houses information about the TRICARE benefit. Whether beneficiaries are looking for specific benefit information or tips to live well, it is available online.

The Military Health System's campaign, Operation Live Well, is focused on leading a physically, mentally, socially and spiritually healthy lifestyle throughout the military community, during the holidays and all year long.

[www.tricare.mil/livewell](http://www.tricare.mil/livewell)

[www.health.mil/olw](http://www.health.mil/olw)

