

TRICARE® Telemental Health Services

Through telemedicine, TRICARE beneficiaries can get medically and psychologically necessary services through secure audio and video conferencing from a TRICARE-authorized provider.

What is telemental health?

Telemental health allows you to access mental health care in the privacy of your own home because it removes barriers to care based on providers in your geographic location or your inability to travel to a provider. Your provider will interact with you through secure, HIPAA-compliant software.

A telemental health care provider can address concerns such as:

- Major life stressors
- Emotional distress
- Grief-related counseling
- Work and family issues
- Depression, anxiety and how to cope



Referrals and authorization

As with any mental health care received from a TRICARE network provider, active duty service members need a referral before getting care under the telemental health care benefit. TRICARE Prime active duty family members and retirees do not need a referral or authorization to set an online care appointment with a distant provider.

Request An Appointment **TELEMYND**

Online telemetrynd.com/humanamilitary
Call 1-866-991-2103
Fax 1-888-971-4182

If you or a loved one need immediate help, contact the National Suicide Prevention Hotline at 1-800-273-TALK (8255), option 1.

For additional mental health care benefit information, visit www.tricare.mil/CoveredServices/Mental.

