

# Where to Turn When Facing Disciplinary or Legal Action: A Mental Health Resource Map for Service Members

Learning that someone has made an accusation against you or that you are under investigation can be stressful, especially at first. Disciplinary and legal actions can be stressful, too, but they're manageable and you don't have to face them alone. This guide offers tips on when and how to seek support and emerge stronger from stressful experiences.



## STRESS CHECK:

Are you experiencing any of the following signs of stress?<sup>1</sup>

- ☒ Feelings like fear, anger, or sadness
- ☒ Changes in appetite, energy level, or usual activities
- ☒ Problems with concentration or decision making
- ☒ Sleep difficulty
- ☒ Physical symptoms like headaches or stomach upset
- ☒ Worsening of pre-existing health or mental health problems
- ☒ Increased use of alcohol or other substances

*Stressors like legal problems and other risk factors can combine in ways that feel overwhelming. If you are experiencing thoughts of hopelessness or suicide, you are not alone. Call or text the Suicide and Crisis Lifeline at 988 for help right now.*

## When to Seek Support

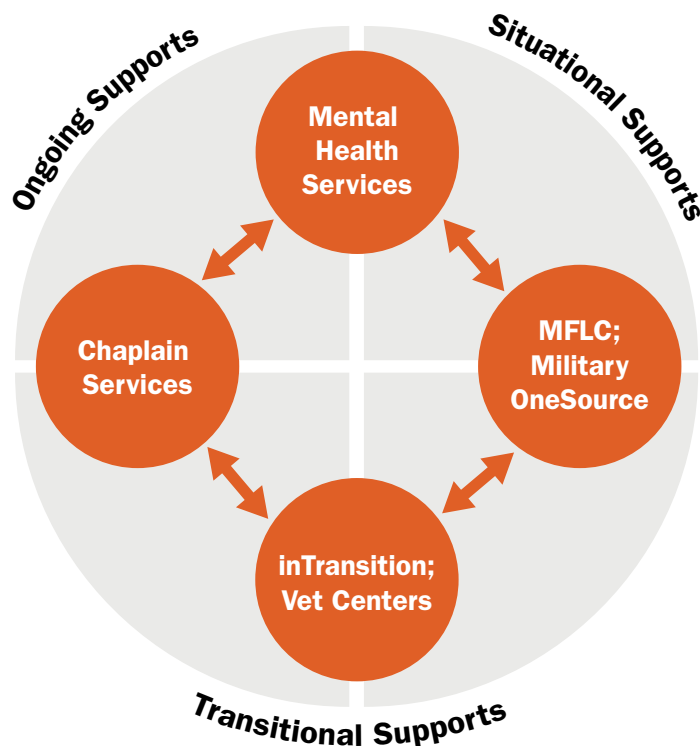
There's no wrong time to ask for help. Specific examples of times to reach out include:

- When you are experiencing signs of stress, especially any that are severe, persistent, or impair your ability to meet your responsibilities
- When you feel [isolated](#), [ostracized](#), or lack support in your unit or personal life
- When your current coping skills aren't working

## Where to go for Support

Everyone's situation is not the same. Knowing which resources best fit yours can help you get connected with the right support as soon as possible. Consider the following options:

- **Ongoing support** and clinical services such as those provided by your local chaplain or mental health clinic if you are stressed due to a potential investigation or overwhelmed during an investigation
- **Situational support** programs such as Military and Family Life Counseling (MFLC) or Military OneSource if you or your family need counseling or assistance navigating daily aspects of life like finances, housing, or health because of an investigation
- **Transitional support** programs such as inTransition or the Vet Center if you're coping with a change in station or separating from service due to the outcome of an investigation and would like to be connected to mental health care



REAL WARRIORS • REAL BATTLES  
**REAL STRENGTH**

VISIT [HEALTH.MIL/REALWARRIORS](https://health.mil/realwarriors)  
to learn about resources for staying  
mission ready.

Join the conversation:  
[@RealWarriors](#)  
[@RealWarriorsCampaign](#)

NEED TO TALK? Contact the  
Psychological Health Resource Center  
for free 24/7 confidential support:  
• 866-966-1020  
• [health.mil/PHRC](https://health.mil/PHRC)

IF IN CRISIS CALL/TEXT 988  
  
ADDITIONAL RESOURCES:  
• [militaryonesource.mil](https://militaryonesource.mil)  
• [health.mil/inTransition](https://health.mil/inTransition)

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## How to Access Support

Resource	Supports Offered	How to Contact
<b>Chaplain</b>	Military chaplains are responsible for tending to the spiritual and moral well-being of service members and their families. Chaplains are not typically licensed clinical counselors and do not provide treatment in their role. They do, however, offer confidentiality and can assist with many life challenges, including those related to work, combat, deployment, marriage and family, substance abuse, grief, and finances.	Find your local chaplain online on <a href="#">Military OneSource's Military Installations website</a> . Select "Chapels" in the program or service section
<b>Mental Health Clinic</b>	Mental health clinics assist with the prevention, diagnosis, and treatment of mental health symptoms. Mental health providers help patients regain functioning and achieve well-being.	Find your local clinic <a href="#">online</a>
<b>Military and Family Life Counseling</b>	Military and family life counselors help service members and their families navigate issues such as improving relationships at home and work, stress management, adjustment difficulties, parenting, and grief or loss. Services are confidential and not reflected in the recipient's medical record.	Find your local military and family life counselor online in this <a href="#">directory</a>
<b>Military OneSource</b>	Military OneSource helps service members connect to a wide range of individualized consultations, including coaching and non-medical counseling, available in the local community.	To call, live chat, or connect 24/7 visit <a href="#">Military OneSource</a>
<b>inTransition</b>	inTransition helps service members connect with care. The program provides coaching tailored to address individual needs, including addressing barriers to care connection, education on mental health conditions, problem-solving, stress management, and information on treatment options.	To call, live chat, or email visit <a href="#">online</a>
<b>Vet Center</b>	Vet Centers are community-based Veterans Affairs counseling centers not associated with VA medical care that provide a wide range of social and psychological services. Here eligible veterans, service members (including National Guard and Reserve components) and their families may receive professional counseling. Counseling is also offered to service members and veterans to support successful transition from military to civilian life, to active duty, Coast Guard, and to Reserve Component service members who have experienced specific types of trauma.	Check <a href="#">eligibility</a> and find your nearest Vet Center by visiting this national <a href="#">directory</a>

**SEEKING HELP IS A SIGN OF STRENGTH. IF YOU NEED ASSISTANCE, REACH OUT TO THE RIGHT RESOURCE FOR YOU TODAY.**

## Resources

# 988

SUICIDE & CRISIS  
LIFELINE

**988 Suicide and Crisis Lifeline** and the associated **Military/Veterans Crisis Line** provides free and confidential support for individuals in crisis. If you or someone you know is struggling or in crisis, call, or text 988 or go to [988lifeline.org](https://988lifeline.org); you can also press 1 or text 838255 to chat live with a counselor focused on military and veteran callers. For OCONUS calling options and online chat accessible from anywhere in the world, visit [militarycrisisline.net](https://militarycrisisline.net)

REAL WARRIORS • REAL BATTLES  
**REAL STRENGTH**

**Real Warriors Campaign** is a public health campaign designed to decrease stigma, increase psychological health literacy, and open doors to access care by encouraging service members, veterans, and their families to seek psychological health support. Reaching out is a sign of strength. [health.mil/RealWarriors](https://health.mil/RealWarriors)

## Reference

- Centers for Disease Control and Prevention (2024, August 16). *Managing stress*. [https://www.cdc.gov/mental-health/living-with/?CDC\\_AAref\\_Val=https://www.cdc.gov/mentalhealth/cope-with-stress/index.html](https://www.cdc.gov/mental-health/living-with/?CDC_AAref_Val=https://www.cdc.gov/mentalhealth/cope-with-stress/index.html)