

Army War College Commandant: Seeking help is a strength, suicide prevention resources available

By Public Affairs Staff 16 September 2021



Maj. Gen. David Hill discusses the importance of Suicide Prevention Month and the resources available at Carlisle Barracks.

“Today, I want to talk to you about strength and wisdom,” said Maj. Gen. David Hill, US Army War College Commandant. “I want to talk to you about that because this is suicide prevention month and I want you to know that seeking help is a strength, and know that we care, and trust us.

“If you are struggling today, know that we have resources here at the United

States Army War College to help you, and if you are in crisis, you can text 838 255 to the military crisis line at the National Suicide Prevention hotline and connect directly with care.”

Carlisle Barracks Behavioral Health Resources

Dunham Behavioral Health Clinic

The Behavioral Health clinic is located on post at 450 Gibner Rd. and is open 730-4:30 Monday- -- Friday. Call 717-245-4602. After hours, please contact Crisis Intervention at 717-243-6005. Dunham can create referrals for services not offered at the clinic.

Substance Use Disorder Clinical Care

Located within the Behavioral Health Clinic, it is open 730 – 4:30 Monday -- Friday, and offers a variety of services to include assessment, treatment, and case-management of substance use disorders. Please call 717-245-4082/4602 for more information.

Carlisle Barracks Chaplains

Offices are located at the Chapel on post. Pastoral counseling services are offered to individuals, couples, or families. Services are provided at no cost and are confidential. To schedule an appointment, call 717-245-3318.

TRICARE

Beneficiaries (EXCEPT active-duty service members) are entitled to eight sessions from a TRICARE network provider without prior authorization. Call HUMANA at 1-800-444-5445 or online at <https://www.goperspecta.com/VPD/HumanaMilitary/public/ProviderSearch/Main>.

Army Community Service & Military Family Life Consultants

Offices are located on post in building 632 and 800-4:30 Monday -Fridays. Community Services offers numerous resources as well as stress management, anger management and parenting support. Call 717-245-3775. A consultant is also available on Carlisle Barracks, providing services for all Service Members, retirees, and Family Members. They offer up to 12 sessions of short-term, solution-focused counseling with a civilian provider at no cost. Call 717-448-4509.

Military OneSource

OneSource offers free short-term Counseling options, including face to face counseling, telephone consultation or online consultation. You can receive up to 12 sessions. per issue. per counselor at no cost. Counseling services are designed to provide services for short-term issues. Call 1-800-342-9647 or go online to <http://www.militaryonesource.com/MOS/About/Counsel...>

Additional Resources

Dunham website:<https://dunham.tricare.mil/>

Behavioral Health Emergencies: call 911 or visit the nearest Emergency Room

National Suicide Prevention Lifeline: 800-273-TALK(8255) or Text 838255•

Carlisle Barracks Military Police: (717) 245-4115

Family Advocacy Victim Advocate: (717) 245-3775

Humana Tricare URL:<https://www.humanamilitary.com/>

Humana Tricare Phone Number: (800) 444-5445

TOL Secure Messaging URL:<https://www.tricareonline.com>