

## INFORMATION FOR ANSBACH BEHAVIORAL HEALTH SERVICES

USAG Ansbach Behavior Health Clinic will be on reduced services until further notice IAW Regional guidance in order to slow the spread of the Coronavirus disease.

**Ansbach BH clinic for appointments:** 06371-9464-3600

### WHAT DOES THIS MEAN TO YOU?

At this point, you can still come into the clinic for certain services. For example, suicidal/homicidal ideations, suicide attempts, thoughts of self-harm, or psychosis. Additionally, if you have been identified by your BH Provider as needing face to face care then an in-office appointment will be scheduled. If neither of the two previous situations apply, then you have likely been identified as being eligible for virtual health appointments. These appointments will be scheduled through the Behavioral Health clinic.

### VIRTUAL HEALTH SERVICES

Virtual Health involves the use of communication technologies to support the delivery of health care when distance separates the patient from the healthcare team. If you have been identified as needing Virtual Telehealth Communication (VTC), you and your provider will discuss the technology best means to communicate.

**Military and Family Life Consultant (MFLC)** Provides short-term (12 sessions or less) “problem solving” care, not “therapy”. They are licensed providers who provide completely confidential care with no documentation. They will discuss how they will meet with you.

MFLC: ANSBACH Area: 0160-6256-487 and 0151-5339-0375

MFLC: 12<sup>th</sup> CAB: 0175-486-6208

MFLC: Illesheim area: 0171-849-7174

**Military One Source (MOS)** Provides up to 12 sessions per identified problem. Call 0800-888-0013 (Sprint or Deutsche Telekom), 00-800-3429-6477 the Universal International Freephone Number (UIFN) or 703-253-7599 (must follow local procedures for making collect calls), OR go to [www.militaryonesource.com](http://www.militaryonesource.com). MOS will find a therapist that you can access via telehealth; you may ask for a provider with a specific specialty or degree and they will attempt to accommodate your request. It is free, off the record, and care is provided by licensed and credential mental health professionals.

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