



Our priority is to meet the mental health needs of the Active Duty personnel and their family members. We also serve our retired personnel who are covered under TRICARE Prime and their dependents. TRICARE Standard is seen on a space available basis.

After Hours Emergency Resources:

- www.militaryonesource.com
- Military One Source 24/7 hotline: 1-800-342-9647
- National Suicide Prevention 24/7 hotline: 1-800-273-TALK (8255)
- Local crisis hotline 256-716-1000
- 911 and/or go to local Emergency Room

**Serving to
Heal...Honored to Serve**

How can I reach Behavioral Health Department or TBI Clinic?

We are located on the 2nd floor of
Fox Army Health Center.

You can come by the clinic

Or

Call 256-955-8888 (ext 1032)

256-876-9085



**Behavioral
Health
Department &
TBI Clinic**



What services are offered at the Behavioral Health Department (BHD)?

BHD offers outpatient services for many difficulties such as:

- Mood disorders (depression and bipolar disorders)
- Anxiety disorders (Obsessive Compulsive Disorder, Posttraumatic Stress Disorder, Generalized Anxiety Disorder, etc)
- Adjustment disorders
- Life Stressors in general

We provide several modalities of treatment including:

- Individual psychotherapy
- Psychopharmacology
- Group Classes
- Marital Therapy
- Family Therapy

What group classes are offered?

Group classes are provided in several formats for Active Duty and their dependents, as well as TRICARE Standard & Prime beneficiaries. All groups focus on a particular problem area, with specific modules being taught each week. Currently, the following classes are offered:

- Women's Stress Management
- Adolescent Female Stress Management
- Anger Management
- Posttraumatic Stress Disorder

What is the focus of the class?

Material presented in each class depends on which class you are enrolled. However, the goal for all classes is to be able to more effectively cope with the stressor at hand and be able to live a meaningful and full life!

Are evening classes offered?

Yes! In order to better accommodate work and school schedules, we offer an evening group in addition to our daytime groups. Please call for details about specific dates and times.

How can I enroll in a class?

It's easy! If you are interested in signing up for an upcoming class, or would just like more information, call BHD. We are always taking names for the upcoming classes and will inform you of the date and time of the next available class. Call today!



What services are offered with the Traumatic Brain Injury (TBI) Clinic?

Our TBI clinic offers comprehensive neuropsychological evaluation services in order to rule out TBI/concussions; clarify diagnoses (including psychological and psychiatric); and to provide treatment planning based on findings.

What problem areas are seen in the TBI Clinic?

In addition to assessment, we provide individual psychotherapy and clinical hypnotherapy, for patients with cognitive complaints and associated depression, anxiety, PTSD, insomnia, hyperarousal, headaches, and other forms of chronic pain. TBI also provides evaluation of ADHD/Learning Disorders (6+ years) of age.