

Mental Health Clinic



JBER Hospital

2nd Floor, Lynx Wing

(907) 580-2181

Monday-Friday 0730-1630

Mission

The mission of the Mental Health Clinic is to build a healthy JBER community and foster mission readiness offering mental health prevention and intervention services.

The three points of focus of the Mental Health Clinic mission are:

- Mission Readiness
- Promotion of resilience
- Providing intervention to rehabilitate service members

How Can Mental Health Support Service Members?

Mental health concerns impact mission readiness in a number of ways. Service members may display:

- Declining quality of work
- Distraction or decrease in productivity
- Missed work
- Substance abuse
- Sudden changes in behavior
- Poor relationships with others

Mental health treatment can address current mental health problems and promote resilience towards preventing future mental health issues. Supporting the mental health clinic mission and encouraging service members to take advantage of mental health services appropriately will help to make JBER a healthy community and promote mission readiness.

Suggestions for Supervisors

- If you are concerned about one of your service members' mental health, please don't hesitate to contact us for consultation. You can also contact your leadership or simply encourage the service member to walk in voluntarily. We have our walk-in hours from 0730 to 1630 M-F. We also have a provider on-call after hours to respond to mental health patients that have presented to the Emergency Department.
- Do not hesitate to take action if you are concerned. Timely assessments and intervention can improve mental health outcomes.
- Promote resilience in your unit by educating airmen on healthy coping skills. You can also reach out to us to request an educational briefing.
- Consultations are always welcome—just call us!

Disaster Mental Health

The mental health clinic provides disaster mental health services to victims of all-hazards incidents through medical education, screening, and referral services.

This often is a one-on-one meeting with a member of the DMH team, who works in the MHC, for as many sessions as appropriate.

These sessions are deemed “non-medical education”; thus, are not documented in the medical record.