

Tier One Performance Screen (TOPS) Longitudinal Validation and Adaptive Vocational Interest
Diagnostic (AVID) Validation of Soldiers in Alaska

Resources for Participants

RESOURCES (available 24 hours a day, 7 days a week)

- ❖ Military OneSource (militaryonesource.mil): 1-800-342-9647 or 703-253-7599
- ❖ Veterans/Military Crisis Line (VCL/MCL): 844-702-5493 or DSN 988
- ❖ Suicide & Crisis Lifeline (<https://988lifeline.org/>): call or text 988 (press 1 for Military Crisis Line)
- ❖ National Suicide Prevention Lifeline: 1-800-273-TALK (8255)

In accordance with Army policy,¹ you may initiate a referral for a mental health evaluation at any time by requesting a referral from your commanding officer or supervisor in the grade of staff sergeant or above; you do not have to provide a reason. You may also independently request a mental health evaluation without involvement by your command (for example, by self-presenting to the behavioral health clinic or requesting assistance from a primary care provider).

¹ “Self-initiated Referral Process for Mental Health Evaluations of Soldiers” (memo from SECARMY 29AUG23) available at: chrome-extension://efaidnbmnnnibpcajpcglclefindmkaj/https://armypubs.army.mil/epubs/DR_pubs/DR_a/NOCASE-POG_215967-000-WEB-1.pdf