

Supporting Service Members Facing Disciplinary or Legal Action

A Resource Map for Line Leaders



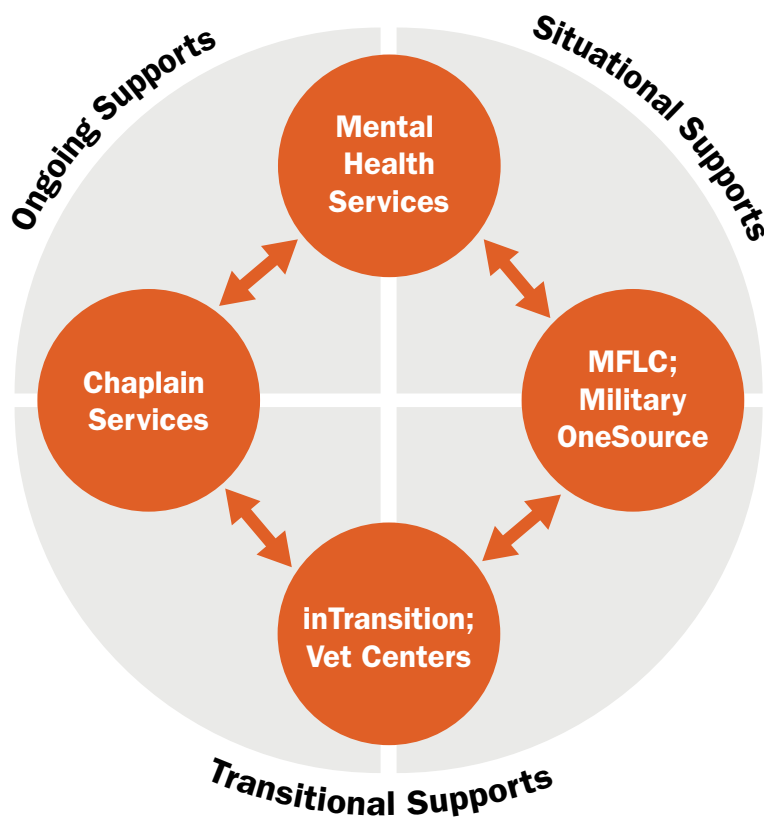
Where to go for Support

No one's disciplinary or legal situation is the same. Support those you lead by knowing the resources available to those facing actual or potential disciplinary or legal action.

- **Ongoing supports**, such as from a local chaplain or mental health provider, are available for members who anticipate or are under legal or disciplinary action
- **Situational supports**, such as from Military OneSource and Military and Family Life Counseling (MFLC), are appropriate for members who may benefit from brief, confidential, non-medical counseling (e.g., help managing stress, relationships, finances, or housing)
- **Transitional supports**, such as from inTransition and the Vet Centers, can help members connect with mental health care and/or resources as an investigation concludes and separation from service or a change of duty station is imminent

When to Offer Support

Members of your unit who have committed a legal or policy violation, are suspected of wrongdoing or under investigation, or have been disciplined, sentenced, or detained may demonstrate a range of emotional and behavioral reactions. Disciplinary and legal processes can take time, and during this interval your unit member may feel abandoned or [ostracized](#) by their coworkers and develop fear of consequences (e.g., incarceration, shame, potential impact on career and relationships). Individuals who are pending disciplinary or legal action may be at higher risk for suicide, even if you don't notice obvious changes in their behavior.



REAL WARRIORS • REAL BATTLES
REAL STRENGTH

VISIT [HEALTH.MIL/REALWARRIORS](https://health.mil/realwarriors)
to learn about resources for staying
mission ready.

Join the conversation:
f @RealWarriors
@RealWarriorsCampaign

NEED TO TALK? Contact the
Psychological Health Resource Center
for free 24/7 confidential support:
• 866-966-1020
• health.mil/PHRC

IF IN CRISIS CALL/TEXT 988

ADDITIONAL RESOURCES:
• militaryonesource.mil
• health.mil/inTransition

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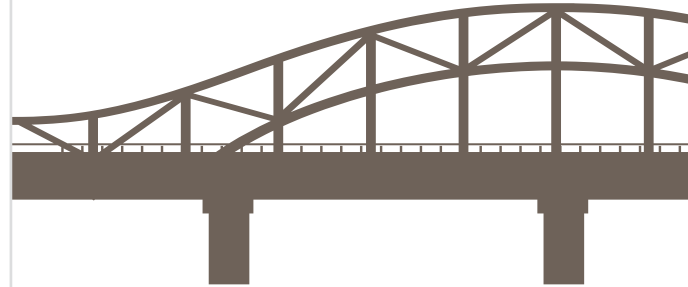
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How to Access Support

You can make a referral for members facing disciplinary or legal actions directly using the following contact information:

Resource	Supports Offered	How to Contact
Chaplain	Military chaplains are responsible for tending to the spiritual and moral well-being of service members and their families. Chaplains are not typically licensed clinical counselors and do not provide treatment in their role. They do, however, offer confidentiality and can assist with many life challenges, including those related to work, combat, deployment, marriage and family, substance abuse, grief, and finances.	Find your local chaplain online on Military OneSource's Military Installations website . Select "Chapels" in the program or service section
Mental Health Clinic	Mental health clinics assist with the prevention, diagnosis, and treatment of mental health symptoms. Mental health providers help patients regain functioning and achieve well-being.	Find your local clinic online
Military and Family Life Counseling	Military and family life counselors help service members and their families navigate issues such as improving relationships at home and work, stress management, adjustment difficulties, parenting, and grief or loss. Services are confidential and not reflected in the recipient's medical record.	Find your local military and family life counselor online in this directory
Military OneSource	Military OneSource helps service members connect to a wide range of individualized consultations, including coaching and non-medical counseling, available in the local community.	To call, live chat, or connect 24/7 visit Military OneSource
inTransition	inTransition helps service members connect with care. The program provides coaching tailored to address individual needs, including addressing barriers to care connection, education on mental health conditions, problem-solving, stress management, and information on treatment options.	To call, live chat, or email visit online
Vet Center	Vet Centers are community-based Veterans Affairs counseling centers not associated with VA medical care that provide a wide range of social and psychological services. Here eligible veterans, service members (including National Guard and Reserve components) and their families may receive professional counseling. Counseling is also offered to service members and veterans to support successful transition from military to civilian life, to active duty, Coast Guard, and to Reserve Component service members who have experienced specific types of trauma.	Check eligibility and find your nearest Vet Center by visiting this national directory

While not everybody who has legal problems or is under investigation is in crisis or at risk of suicide, an accumulation of risk factors — including legal involvement — may increase suicide risk. If you are concerned about a unit member, including any who expresses thoughts of death or suicide, call, or text 988 the Suicide and Crisis Lifeline for help.



AS A LINE LEADER YOU CAN BRIDGE YOUR SERVICE MEMBERS TO THE RIGHT RESOURCES.

Resources

988

SUICIDE & CRISIS
LIFELINE

988 Suicide and Crisis Lifeline and the associated **Military/Veterans Crisis Line** provides free and confidential support for individuals in crisis. If you or someone you know is struggling or in crisis, call, or text 988 or go to [988lifeline.org](#); you can also press 1 or text 838255 to chat live with a counselor focused on military and veteran callers. For OCONUS calling options and online chat accessible from anywhere in the world, visit [militarycrisisline.net](#)

REAL WARRIORS • REAL BATTLES
REAL STRENGTH

Real Warriors Campaign is a public health campaign designed to decrease stigma, increase psychological health literacy, and open doors to access care by encouraging service members, veterans, and their families to seek psychological health support. Reaching out is a sign of strength. [health.mil/RealWarriors](#)