

HAVE YOU STRUGGLED WITH THE DECISION TO SEEK HELP FOR A PROBLEM?



Spouses of military personnel may face unique challenges. Sometimes it can be hard to reach out for help, especially for a mental health problem.

What kinds of things might prevent military spouses from getting help?

Spouses report the following factors make them less likely to seek mental healthcare:



What we know:



Spouses who also have current or prior military service report **more negative beliefs about mental health care and greater fear of negative consequences.**



Military spouses who possibly **need help the most** (i.e., are currently experiencing symptoms of a mood and/or anxiety disorder) **report more barriers to getting help.**



Military spouses play a **vital role in the health of the military as a whole.** Identifying and reducing barriers to mental healthcare in this group is critical.

How can you be a part of the solution?

- Be supportive of friends and family with mental health concerns. Normalize and encourage them to seek help.
- Try to be alert for signs that your family may need help and address issues earlier rather than later, especially during transition times like deployments, reunions, and reintegrations.
- Take advantage of the services available to your family. Visit www.militaryonesource.mil for:
 - [Support for family and relationships](#)
 - [Mental health support](#)
 - [Child care resources](#)
 - [Specialty consultations](#)

Source: Schvey, N. A., Burke, D., Pearlman, A. T., Britt, T. W., Riggs, D. S., Carballo, C., & Stander, V. (2021). Perceived barriers to mental healthcare among spouses of military service members. Psychological services.