



Life is full of unexpected challenges. But difficult challenges, or too many challenges at once, can lead to stress, anxiety or depression.

Health Net Federal Services has resources that can help.



Visit Health Net Federal Services' Learning Center:
www.tricare-west.com/go/learningcenter.

You can watch recorded classes for information and tools to help you move forward.





Locate:

- Coping with Financial Stress
- Stress in Times of Uncertainty
- The Basics of Depression Management
- What You Need to Know About Anxiety



Anxiety



Depression



**Disease Management
Information and Self-
Nomination**

Looking for additional help with your anxiety and/or depression?

TRICARE beneficiaries ages 18-64, and not on Medicare, can get individualized telephone coaching with a licensed clinician.

To learn more and nominate yourself, visit: www.tricare-west.com/go/DMFAQ.