



Finding Mental Health Care Providers in the TRICARE® West Region

Your mental health is an important part of overall health and well-being. With so many different mental health care provider types, finding the right provider can be confusing. If you are looking for a specific type of mental health care provider, the Network Provider Directory at www.tricare-west.com can help.

TRICARE covers mental health services, including those delivered through telehealth. Be sure to review referral and pre-authorization requirements for mental health care services at www.tricare.mil/mentalhealth before seeking care.

Searching the West Region Network Provider Directory

1. Go to the **Network Provider Directory**.
2. Click the circle next to “Health Care Providers” in the *Search For* section.
3. Enter your ZIP code and TRICARE plan in the *Your Location Details* section.
4. Choose “Behavioral Specialists” or “Hospital/Clinics/Others” from the “Type” drop-down menu in the *Provider Details* section.
5. Choose the type of mental health care provider you are looking for under “Specialty” in the *Provider Details* section.

Type: Behavioral Specialists

Type of Provider	Treatment	Specialty Type in Network Provider Directory
Licensed Marriage and Family Therapist	Psychotherapy and counseling services	Marriage & Family Therapist
Licensed Clinical Social Worker	Psychotherapy and counseling services	Social Worker-Clinical
TRICARE Certified Mental Health Counselor	Counseling services	Mental Health Counselor (Unsupervised)
Clinical Psychologist	Psychotherapy, counseling services and psychological testing	<ul style="list-style-type: none"> • Neuropsychologist • Psychologist • Psychologist-Clinical • Psychologist-Clinical Child & Adolescent
Psychiatrist	Medication evaluations and management with psychotherapy. Generally, for more serious conditions that can be helped with prescription medicine.	<ul style="list-style-type: none"> • Psychiatry • Psychiatry-Addiction • Psychiatry-Addiction Medicine • Psychiatry-Child & Adolescent
Psychiatric Nurse Practitioner	Medication evaluations and management with psychotherapy. Generally, for more serious conditions that can be helped with prescription medicine.	<ul style="list-style-type: none"> • Nurse Practitioner-Psych/Mental Health • Psychiatric Nurse Specialist • Registered Nurse-Psych/Mental Health • Registered Nurse-Addiction (Substance Use Disorder)
Office-Based Opioid Treatment Program	Medication-assisted treatment for opioid addiction	Office-Based Opioid Treatment (OBOT)

Type: Hospital/Clinics/Others

Program Type	Treatment	Specialty Type in Network Provider Directory
Residential Treatment Center*	24-hour residential care	Residential Treatment Facility-Children
Substance Use Disorder*	24-hour inpatient residential care/therapy for treatment of substance use disorders	Rehabilitation-Substance Use Disorder Unit
Partial Hospitalization Program	Partial hospitalization (day) treatment for mental health and substance use disorders	<ul style="list-style-type: none"> • Hospital-Psychiatric PHP • Mental Health Partial Hospitalization Program • Substance Use Disorder Partial Hospitalization Program
Intensive Outpatient Program	Outpatient treatment; typically, six to nine or more hours per week; mental health and substance use disorders	<ul style="list-style-type: none"> • Mental Health Intensive Outpatient Program • Substance Use Disorder Intensive Outpatient Program
Opioid Treatment Program	Medication-assisted treatment for opioid addiction	Opioid Treatment Program (OTP)

*You can also search for residential treatment center and substance use disorder when you select “Behavioral Specialists” from the “Type” drop-down menu in the *Provider Details* section.

Telemental Health Choices

If you are looking for providers who offer telemental health, use the “telemedicine” filter when searching the directory, or connect with one of our telehealth providers listed in our [Telehealth Options](#) page.

For more information on mental health care services, visit www.tricare.mil/mentalhealth or our Mental Health Care page.