

i-Salute You!

Military Pathways Launches E-card Campaign

Military Pathways, a Department of Defense funded program, is commemorating Military Appreciation Month and Mental Health Month in May by launching a web-based greeting called “i-Salute.” The site, www.i-Salute.org, allows friends and family to send an online greeting to active duty soldiers, veterans and military families in honor of their service and sacrifice, while providing access to a variety of online health services including anonymous mental health self-assessments.

To send an i-Salute, users can visit www.i-Salute.org, where they can choose a custom greeting and write their own personal message. “Military Pathways is excited to be able to offer an easy, free way for service members and their families to connect, show thanks to one another and assess their mental health all at the same time,” said Connie DiCocco, executive director of Screening for Mental Health, Inc., the non-profit that runs the Military Pathways program.

Military Pathways offers service personnel and their families the opportunity to take anonymous, mental health and alcohol use self-assessments online, by phone and through special events held at installations worldwide. The self-assessments are a brief series of questions that help those in need of assistance find it, without the stigma that is often attached to seeking care.

“Our goal is to help individuals identify their own symptoms and access assistance before a problem becomes serious. Simply enough, service members, veterans and their families won’t have the same fear associated with seeking help if presented with an anonymous process of screening,” said DiCocco.

The self-assessments address posttraumatic stress disorder (PTSD), depression, generalized anxiety disorder, alcohol use and bipolar disorder. After completing a self-assessment, individuals receive referral information including services provided by the Department of Defense and Veterans Affairs, such as TRICARE, Military OneSource and Vet Centers.

“As May is both Military Appreciation Month and Mental Health Month, this is the perfect opportunity to honor our service members and their families. And although we are launching this in May, it will be available year-round as it is important that we thank those in the military for their service and sacrifice throughout the year,” said DiCocco.

To send an i-Salute or take an anonymous self-assessment, visit www.i-Salute.org.

About Military Pathways

Military Pathways gives service personnel and their families the opportunity to learn more about mental health and alcohol use through anonymous self-assessments offered online, via telephone, and through events held at installations. The program is designed to help individuals identify symptoms and access assistance before a problem becomes serious. The self-assessments address alcohol use, PTSD, depression, generalized anxiety disorder and bipolar disorder. After completing a self-assessment, individuals receive referral information including Tricare, Military OneSource and Veterans Affairs. The program is run by the nonprofit Screening for Mental Health, Inc. and is fully funded by Force Health Protection and Readiness, Office of the Assistant Secretary of Defense, Health Affairs.