

Therapy Resource Navigator

The Headstrong Project

- Confidential, barrier-free, and stigma-free PTSD treatment to our veterans, service members, and family connected to their care. 30 free therapy sessions with options to extend with a copay.

The Steven A. Cohen Military Family Clinic at Easterseals

- Providing evidence targeted treatment via telehealth.
- Accepts major insurance but offers assistance for those without insurance or unable to pay copays.
- Call or email: (240) 847-7500; info.mfc@eseal.org

Finding other therapy resources via insurance:

- Call the customer service number on the back of your insurance card to ask about your coverage. Some insurances allow you to pay co-pays, others require you to pay up front and get reimbursed later. This is good to know in advance.
- [Psychology Today: Find a Therapist](#), enter your zip code and filter by insurance, area of focus, etc.
- Local to Philadelphia facilities that take Tricare:
 - [Penn Outpatient Psychiatry Clinic, 1-866-301-4724](#), accepts Tricare for psychiatry and psychotherapy. In person and telehealth. They often have a waitlist.
 - [Telemetrynd](#) provides telehealth outpatient therapy and psychiatry.
 - [VFR | Forge Health](#) provides outpatient and Intensive Outpatient (a few hours, several days a week) with military cultural competence. Services are provided in PA and NJ, both in person and telehealth.
 - [CM Counsel | Psychotherapy Counseling Services](#) in Southeast PA
 - [Equilibria PCS](#) also accepts Tricare BUT for therapy only, though they often have a wait for services.

Veterans Affairs Health Care

- **If you're already using VA health care**, ask your primary care provider to help you make an appointment for VA mental health services. At the Philadelphia VA, you can call the Behavioral Health triage directly at 215-823-4541 to get screened and connected.
- **If you're not already using VA health care**, contact your nearest VA medical center to talk about your needs.
- **New to VA? Apply for health care benefits.** Create a free account online to help ease your enrollment process. Please review their [eligibility section](#) and start your application [today](#). If assistance would be helpful, contact your local Veteran Service Office (VSO) (Google your county and 'county veteran service office' for the most up to date contact information).

Vet Center (readjustment counseling services)

- Eligibility criteria can be found [here](#).
- Services for those that served in combat zones, experienced military sexual trauma, and/or worked in mortuary services.

- Provide bereavement counseling to family members of service member that died by suicide or have other specified eligibility.

Please do not hesitate to call us if you need assistance navigating outside resources: 844-573-3146