

Frequently Asked Questions

- 1** What is the impact on a security clearance if someone seeks counseling or mental health treatment?
Seeking mental health treatment or counseling, in and of itself, does not negatively impact a security clearance. In fact, seeking care often mitigates security concerns.
- 2** Do I have to report diagnosis of a mental illness?
If the mental health condition impacts your judgment, reliability or trustworthiness, particularly if untreated, it must be reported. Additional information may be requested to better understand the course of treatment and mitigate any potential concerns. It is important to note that any such diagnosis, in and of itself, is not a reason to revoke a security clearance.
- 3** Does it make a difference if I enter counseling or treatment voluntarily, without it being required by a supervisor or court order?
Yes. Voluntarily seeking help is considered a positive indicator of self-awareness, reliability and willingness to fulfill personal security responsibilities.
- 4** Am I exempt (i.e. PTSD, marital, grief) from reporting counseling?
Counseling only has to be reported when your judgment, reliability, or trustworthiness is substantially affected by the condition(s).
- 5** Where can I learn more about security reporting requirements?
Ask your local security manager or supervisor. To view applicable Army policy: <https://intelshare.intelink.gov/sites/hqdag2/aps>

It's OK to not be OK, seek help!

Mental Health Resources

National Suicide Prevention and Crisis Lifeline: 988



Substance Abuse/Mental Health Helpline: 1-800-662-HELP or <https://www.samhsa.gov/find-help/national-helpline>

Military One Source
<https://militaryonesource.mil>

Employee Assistance Program
1-800-222-0364 or <https://www.armyresilience.army.mil/ASAP/pages/Employee-Assistance.html>

Local Chaplain
To locate the chaplain nearest you, visit:
<https://installations.militaryonesource.mil>

Army Community Service
<https://armymwr.com/programs-and-services/personal-assistance>

Army Behavioral Health

Primary Care Provider

Private Medical Insurance

Personnel Security Resources

ISOC Website: <https://intelshare.intelink.gov/sites/aso/isoc>

HQDA, DCS, G-2 Website: <https://intelshare.intelink.gov/sites/hqdag2/aps>

Note: Both websites are CAC enabled

Guide to Mental Health and Security Clearances for Army Personnel



Myth:

If I seek mental health assistance, I will lose my clearance.

Fact:

- > Security clearances are not revoked for seeking help.
- > Proactively **seeking counseling is a positive step** and often mitigates security concerns.

- > Less than 1% of security clearance cases are denied or revoked due to psychological conditions.
- > Clearances are more likely to be denied due to excessive delinquent debt, drug involvement, substance misuse, violent acts, sexual misconduct, arrests, and/or repeated security violations.

Myth:

I have to report all mental health assistance/counseling.

Fact:

You must report any condition that substantially adversely affects your **judgment, reliability, or trustworthiness.**

1 in 4 individuals experience a mental health condition at some point in their lives, yet the fear of being labeled with a “mental health illness” prevents many from seeking the help they need.

You are not alone.

Thousands of people maintain security clearances while seeking mental health assistance. Mental health is just as important as your physical health!

"Addressing mental health challenges early is vital to prevent stressors from becoming overwhelming. It is critical to recognize the signs of a mental health challenge and to take appropriate steps to improve your well-being. There are many confidential support resources available to all DoD personnel."

March 31, 2022

Message to the Force - Importance of Tending to Mental Health

Kathleen Hicks, Deputy Secretary of Defense

Individuals with a security clearance are only required to self-report the following to the security manager:

- > Being declared mentally incompetent
- > Diagnosed with psychotic disorder, schizophrenia, schizoaffective disorder, delusional disorder, bipolar mood disorder, borderline personality disorder, or antisocial personality disorder
- > Hospitalization or court / administrative ordered treatment
- > Any mental or other health condition that substantially adversely affects your judgment, reliability, or trustworthiness.

Reporting is not intended to discourage those who might benefit from seeking treatment.