



**April 19, 2018**  
**Staying Strong by Seeking Help: Barriers and Facilitators to  
Military Mental Health Treatment-Seeking  
Additional Resources:**

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**Articles:**

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### **Books/ Book Chapters:**

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- Britt, T. W. & Jennings, K. S. (2017). Leadership and mental health treatment seeking in the workplace. In M. Crane (Ed.), *Workplaces that bounce back: A practical guide for managers seeking to build employee resilience* (pp. 71-85). United Kingdom: Routledge.
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- Britt, T. W., & McFadden, A. (2012). Understanding mental health treatment seeking in high stress occupations. In J. Houdmont, S. Leka, & R. Sinclair (Eds.), *Contemporary occupational health psychology: Global perspectives on research and practice* (pp. 57-73). Hoboken, NJ: Wiley-Blackwell Publishers.
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- Siebold, G. L. & Britt, T. W. (in press). Overview of military culture. In E.L. Weiss & C.A. Castro (Eds.), *American military life in the 21<sup>st</sup> century: Social, cultural, economic issues and trends*. Santa Barbara, CA: ABC-CLIO.
- Sinclair, R. R. & Britt, T. W. (Eds.) (2013). *Building resilience in military personnel: Theory and practice*. Washington, DC: American Psychological Association.
- Warner-Gale, F., Walker, L., & Tuffrey, A. (2017). Working in partnership with children and young people to tackle mental health stigma: Together we can change minds. In T. McDougall, T. McDougall (Eds.), *Children and young people's mental health: Essentials for nurses and other professionals* (pp. 71-100). New York, NY, US: Routledge/Taylor & Francis Group.



## **Links:**

American Psychological Association

<http://www.apa.org/>

Association for Psychological Science

<https://www.psychologicalscience.org/>

BeThere

<https://www.betherepeersupport.org/>

Clemson University: Resilience, Recovery, and Thriving Research Team

<http://twbritt.people.clemson.edu/What.htm#2>

Military Crisis Line

<https://www.veteranscrisisline.net/ActiveDuty.aspx>

National Alliance on Mental Illness

<https://www.nami.org/>

National Institute of Mental Health

<https://www.nimh.nih.gov/index.shtml>

Psychological Health Center of Excellence

<http://www.pdhealth.mil/>

Real Warriors

<https://www.realwarriors.net/>

Society for Personality and Social Psychology

<http://www.spsp.org/>

Society for Industrial and Organizational Psychology

<http://www.siop.org/>

The National Institute for Occupational Safety and Health (NIOSH)

<https://www.cdc.gov/niosh/>

U.S. Army Medical Research and Materiel Command (USMRMC)

<http://mrmc.amedd.army.mil/>





## **Blogs:**

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Story from Western PA... Retrieved from: <https://afsp.org/mental-health-stigma-still-real-even-among-young-true-story-western-pa/>



### **Podcasts/Webinars/Online Media:**

United States Army Special Operations Command: Breaking the Stigma [Video file].

Retrieved from: <https://www.youtube.com/watch?v=VhSRQwrWT5w&t=1s>

Real Warriors Campaign: I can, I will [Video file]. Retrieved from:

[https://www.youtube.com/watch?v=o\\_NgOafPzHQ&feature=youtu.be](https://www.youtube.com/watch?v=o_NgOafPzHQ&feature=youtu.be)

Speaking of Psychology: Stamping out mental health stigma Episode 24-

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### **Additional Documents:**

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<http://afterdeployment.dcoe.mil/sites/default/files/pdfs/stigma-military.pdf>

After Deployment. (n.d.). Stigma. *eLibrary Reference Materials*. Retrieved from:

[http://afterdeployment.dcoe.mil/sites/default/files/pdfs/library/eLibrary\\_stigma.pdf](http://afterdeployment.dcoe.mil/sites/default/files/pdfs/library/eLibrary_stigma.pdf)

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Military OneSource. (2018). Does Receiving Psychological Health Care Affect Security Clearance? Retrieved from: <http://www.militaryonesource.mil/-/does-receiving-psychological-health-care-affect-security-clearance->

Military OneSource. Non-Medical Counseling Fact Sheet.  
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