

Roadmap for Accessing Mental Health Support

Navigate to the right resource for you and identify the best support option to meet your specific needs.

Are you in need of support related to personal challenges, stress, well-being, or mental health stemming from impacts of the job?



“Mental health...is not a destination, but a process. It’s about how you drive, not where you’re going.”

– **Noam Shpancer, PhD**

What is the Roadmap?

The Forest Service Mental Health Roadmap was created to assist in guiding people through making decisions on what care is best for each person’s current needs. This navigation tool describes options to employees including the Employee Assistance Program, Casualty Assistance Program, Critical Incident Stress Management, and Resilience Program. It was developed for FS employees but also has links and information non-employees can access and learn from.



More Resources

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[FS Mental Health Roadmap \(arcgis.com\)](https://arcgis.com)

Non-Forest Service employees can reach out to their own Agency or company HR employee support program to learn more about resources

