

Mental Health Survey

Thank you for completing the following survey to help the Department of State improve mental health services. The Bureau of Medical Services understands that our employees and family members, especially those serving overseas, face unique challenges with respect to receiving mental health care, whether they are seeking clear policy guidance, finding appropriate mental health care, or confronting limited resources for specialized mental health matters at Posts abroad.

We want to hear from you about the issues you're most concerned with or have previously struggled with. If you run out of space in the comments section or would like to contact us directly, please reach out to askMED@state.gov with the subject line "Mental Health Survey Feedback".

If you need immediate medical assistance, please contact your Health Unit directly.

* Required

1. Which category best describes you? *

- ☐ U.S. Direct-Hire
- ☐ U.S.-based contractor
- ☐ Locally Employed Staff (at post)
- ☐ Eligible Family Member
- ☐ Other

2. Which Federal agency are you affiliated with? *

- ☐ Department of State (DOS)
- ☐ Department of Defense (DOD)
- ☐ United States Agency for International Development (USAID)
- ☐ Department of Commerce (DOC)
- ☐ Department of Agriculture (USDA)
- ☐ Peace Corps
- ☐ Other

3. Have you or anyone in your family ever received mental health services/support through the State Department's Bureau of Medical Services (MED)? *

- ☐ Yes
- ☐ No

4. If Yes, what type?

- ☐ Support from a Regional Medical Officer Psychiatrist (RMOP)
- ☐ Consultation with Employee Consultation Services (ECS)
- ☐ Short-term counseling with ECS
- ☐ Special Needs Education Allowance (SNEA) or Child and Family Program (CFP) support
- ☐ Alcohol and Drug Assistance Program (ADAP) support
- ☐ Other

5. If No, have you ever needed mental health services/support from MED but did not reach out for a particular reason?

- ☐ I did not reach out because I was concerned about the stigma of seeking mental health care.
- ☐ I did not reach out because I was worried about its impact on my medical clearance.
- ☐ I did not reach out because I was worried about its impact on my security clearance.
- ☐ Other

6. Which of the following issues related to State Department mental health services are you most concerned by? *

- ☐ Access to in-person therapy
- ☐ Access to telehealth for mental health care (virtual therapy)
- ☐ Access to mental health treatments with psychiatric medication
- ☐ Status of my clearance
- ☐ Programs to support stress management
- ☐ Access to longer-term therapy outside of MED
- ☐ Other

7. Which of the following issues related to State Department mental health services for children and families are you most concerned by? *

- ☐ In-person mental health services for children and teens
- ☐ Medication management for child and teen mental health issues
- ☐ Telehealth services for children and teens
- ☐ Medevac issues
- ☐ SNEA
- ☐ Other

8. Which of the following issues related to State Department mental health services available amid or directly following a crisis are you most concerned by? *

- ☐ Access to a Licensed Clinical Social Worker (LCSW) at post
- ☐ Continuing therapy during/after Ordered Departure, Authorized Departure, and/or being declared persona non grata from post
- ☐ Support for Post-Traumatic Stress Disorder (PTSD)
- ☐ ECS following-up with crisis responders once they return to their home post
- ☐ Stress management support
- ☐ Wellness dogs
- ☐ Other

9. Are there any suggestions, concerns, or comments you want to make about mental health care provided by the State Department? (500 character limit)

This content is neither created nor endorsed by Microsoft. The data you submit will be sent to the form owner.

