

Annual Mental Health Assessment (MHA) Instructions for Fiscal Year 2018

General Notes:

1. Starting on 1 Oct 18, all CG personnel will meet this requirement through their Periodic Health Assessment (PHA). This is because the new PHA includes an MHA.
2. If you've already done the new PHA after 1 Oct 17, or will do one before 1 Oct 18, you don't need to do anything.
3. If you've done a Deployment Mental Health Assessment (DD 2978) after 1 Oct 17, or will do one before 1 Oct 18, you don't need to do anything.

Otherwise, you must do a standalone MHA before 1 Oct 18. This will mostly include people who did the old ("Legacy") PHA between 1 Oct 17 and 1 Mar 18.

How to do it:

- A. The first step is to go to the standalone MHA website at <https://data.nmcphc.med.navy.mil/edha/>. The website does require a Common Access Card to access it; SELRES personnel may need to accomplish this step during a drill. Those who have never used the website before will need to register for a "new deployer account". Don't worry if you haven't deployed this fiscal year – just go ahead and register anyway.
- B. Once the account has been created, personnel should select "+ Report a New Standalone DMHA". Again, don't worry if you haven't deployed this fiscal year; the form will allow personnel to specify that they have not deployed by selecting "None" from the "Total deployments in the last 5 years" section. In that case, the blocks "Primary location of last deployment" and "Date departed theater (dd/mm/yyyy)" don't need to be filled in.
- C. Once the questionnaire is completed, personnel who receive PHA services at CG or DoD Clinics should contact their clinic to schedule their MHA review. They should inform the clinic that they already had their PHA this fiscal year, but that it did not include an MHA. The review can be done over the phone.
- D. Personnel who receive PHA services through the Reserve Health Readiness Program (i.e. Logistics Health, Incorporated, or LHI) should call 888-734-7299 to complete their MHA review once they have completed their questionnaire. Personnel are encouraged (but not required) to call Monday through Friday 0700-1000 CST and 1500-2200 CST to avoid long hold times.