



Resources for (Self-Identified) Obesity Concerns

Updated 10 May 2022 by Ruthy Srun, EFMP-FS

No federal endorsement intended. No medical referrals intended – info only

Mental Health Resources *(consult PCM as needed & research provider quality/insurance accepted)*

- <https://www.tricare.mil/mentalhealth>
- <https://www.211.org/about-us/your-local-211>
- <https://www.tbmentalhealth.org/resources-for-mental-health/>
- <http://letstalktampabay.org/>
- <https://tjfs.org/wellness/counseling/>
- <https://www.crisiscenter.com/>
- <https://namihillsborough.org/>

Support Group Resources

- <https://www.obesityaction.org/community/find-support-connect/find-a-support-group/florida-support-groups/>
- <https://www.psychologytoday.com/us/treatment-rehab/obesity/fl/tampa>
- <https://www.tpoftampa.com/national-eating-disorders-association-neda/>
- <https://namihillsborough.org/your-journey/family-members-and-caregivers/>
- <https://namihillsborough.org/support-and-education/support-groups/>

Tricare & Other health insurance

- <https://tricare.mil/CoveredServices/IsItCovered/WeightControl>
- <https://tricare.mil/CoveredServices/IsItCovered/ObesityTreatment>
- <https://tricare.mil/CoveredServices/IsItCovered/GastricBypass>
- <https://www.healthcare.gov/see-plans/#/>
- <https://www.judeochristianhealthclinic.org/services.html>
- <http://freeclincis.com/>
- <https://specialneedsfamilyhour.com/resources/>

Social Security Disability Income (if possible) due to obesity

- <https://www.disability-benefits-help.org/disabling-conditions/obesity-and-social-security-disability>

MacDill AFB EFMP Family Support

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