



The Behavioral Health Pulse (BH Pulse) is a survey tool used by behavioral health officers to provide commanders with an assessment of behavioral health across their formations, helping commanders to better understand risk factors in their units and to develop a plan for intervention. The BH Pulse, formerly known as the Unit Behavioral Health Needs Assessment (UBHNA), was developed by the Military Psychiatry Branch at the Walter Reed Army Institute of Research (WRAIR), in conjunction with psychiatrists from the Office of the Surgeon General (OTSG). It is currently administered by the Army Resilience Directorate. It was awarded the 2023 FedHealth IT Disruptive Tech Program and Change Agent Award for its ability to deliver timely information to Army's senior leadership to improve the lives of their Soldiers.

#### *How Does It Work?*

The BH Pulse is a 15–20-minute survey that:

- Is anonymous
- Is offered through web/mobile or paper/pencil
- Is typically administered by company
- It requires a participation rate of 70% of a company

Interested in the BH Pulse, please contact the Army Resilience Directorate at:  
[usarmy.pentagon.hqda-dcs-g-1.list.dape-ars-sp@army.mil](mailto:usarmy.pentagon.hqda-dcs-g-1.list.dape-ars-sp@army.mil)