

# COURAGE

## *~ To Call ~*

**(877) MyUSVet, (877) 698-7838**

### Program Overview

***Courage to Call* is a new Prevention and Early Intervention (PEI) program in San Diego County providing services to those who have served in the Military, Reserves or Guard, and their Families & Loved Ones.**

- **Our 24/7 Helpline is entirely staffed by veterans who have recently served in the military who:**
  - have a first hand understanding of the current rigors of the military & military family life, and transitioning off active duty.
  - help individuals find mental health information, support, access, and/or referrals throughout the County of San Diego.
  - link individuals and families to prevention-oriented services and other mental health resources to help minimize further challenges

**For Helpline information & support, call (877) MyUSVet, (877) 698-7838**

- **Our Peer Outreach & Family Support Staff are veterans and military family members who:**
  - provide outreach services to Veterans, Active Duty Military, Military Reservists, National Guards, Coast Guards, and their Families.
  - help participants access appropriate mental health services that offer preventive mental health interventions, and refer them as needed.
  - train community providers & organizations to help them understand the military & military family culture, and their unique mental health issues and needs.
  - liaison with the San Diego County Vet-Fam Forum, community leaders & organizations to build and maintain linkages to needed resources and services.

**For information about *Courage to Call* or to arrange for our outreach team to meet with your organization, members, or clientele, call (877) 698-7838.**

Funded by the County of San Diego Department of Behavioral Health Mental Health Administration

**1-877-MyUSVet • 1-877-698-7838**

A Collaborative Partnership:

