

COURAGE

~ To Call ~



24/7 Helpline: (877) MyUSVet, (877) 698-7838

The Courage to Call Helpline is staffed by Veterans around-the-clock.

They provide support, information and referrals to anyone who has served in Military, Reserves or Guards, and their families & loved ones seeking assistance.

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Funded by the County of San Diego Mental Health Services

1-877-MyUSVet • 1-877-698-7838

A Collaborative Partnership:



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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

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- **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

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