What is Courage to Call?

Courage to Call is dedicated to helping current and former service members and their families.

All Courage to Call staff have been in the military or have been military family members. They have firsthand knowledge of the rigors of the military and military family life, constant deployments and transitioning out of the military.

They are committed to helping veterans and their loved ones get the services and assistance they need and deserve.

They can help you find supportive information, access resources and referrals to services throughout San Diego County.

Courage to Call is led by Mental Health Systems in collaborative partnership with 2-1-1 San Diego and Veterans Village of San Diego. The program provides guidance, information, and referral services to Veterans, Active Duty, Reservists, National Guardsmen and their families.

Courage to Call

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www.facebook.com/pages/Courage-to-Call/109876169032590
twitter.com/couragetocall

Call 2-1-1
877-698-7838
mhsinc.org/courage-to-call

Funded by the County of San Diego, Health and Human Services Agency, Behavioral Health Services.

MHS is a 501(c)(3) non-profit corporation.
What does Courage to Call provide?

Our veteran-staffed 24/7 Helpline provides free, confidential information, guidance and referrals. When you need assistance, call 2-1-1 to arrange meetings with other veterans and family support partners. Courage to Call can help you identify next steps and develop short-term personal and professional plans. Optional deeper level of care coordination is available through our Veteran Peer Navigators.

Types of assistance include:
• Access to resources or referrals
• Employment services
• Food, housing and shelter
• Rent and utility assistance
• Counseling/mental health services
• Family and legal resources
• VA and other benefits and information
• Veterans transition services
• Low-cost or no-cost recreation

Who does Courage to Call serve?

Courage to Call is a countywide San Diego program serving:

**Individuals** who have served in any branch of the Military, Reserves or National Guard regardless of their discharge status, and those who have left the military and need help finding support and services.

**Families and Loved Ones** who are concerned about the emotional health and well-being of those who have served in the Active Duty, Reserves or National Guard.

**Community** organizations, agencies, and providers that want training to improve cultural awareness and understanding for serving those with a military or military family background.

Contact Courage to Call

• For around-the-clock guidance, support, information and/or referrals for a loved one or yourself.
• For veteran and family support and guidance that can help you develop short term prevention-oriented plans to improve your mental wellness.
• For staff training that helps your organization gain a better cultural understanding and awareness for interacting with service members and their families.

Led by veterans and their family members

Call our 24/7 Helpline: 2-1-1