

Courage to Call

Led by



In partnership with



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 Guard and their families.



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

MHS is a 501(c)(3) non-profit corporation.



Who is Eligible?

Courage to Call is dedicated to helping current and former service members and their families in San Diego County.

We serve all active duty, veterans, reservists, guards, and their families.

- Any era
- Any branch
- Any discharge status
- Any rank (current or former)
- No limit to time served or elapsed since discharge
- Any immediate family member

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

Courage to Call

A PROGRAM OF



Serving Veterans, Active Military, Reservists, National Guard and their families



1 877-698-7838

<http://courage2call.org>



What does Courage to Call provide?

Courage to Call is staffed by veterans and family members that can provide direct services and peer advocacy. A peer line is available 24/7 to provide free, confidential information and guidance. For assistance, call 1 877-698-7838 to talk with a Peer Navigator. Additional support can also be provided via a Family Support Partner, Veteran Peer Navigator, or a Mental Health Clinician.

Direct Services include:

- Food Distribution
- Adult/Professional Clothing Closet
- Veteran Peer & Family Support
- Short Term Solution Focused Counseling
- 24/7 Access to military info & resources

How does Courage to Call serve?

Outreach - Assists military/veterans and their families in obtaining resources and assistance when needed including individuals with unique needs from **LGBTQ, women veterans, trauma exposed, dishonorable discharge, bad conduct, non-combat, homeless, stressed families, and serious mental health challenges.**

Education - Designed for primary health care providers, mental health counselors, faith-based organizations, and school. Educational training topics aimed at increased knowledge about military and veteran populations as well as Psycho-education to incarcerated veterans.

Operation Dress Code - Provides business wardrobes to **women veterans** transitioning from military to civilian careers. Clothing closets can be accessed year round.

Veterans Treatment Court - Recruits veterans who wish to mentor justice involved veterans during rehabilitation program in lieu of incarceration.



24/7 Peer Advocacy

Courage to Call will **advocate** on behalf of the veteran and the family member by providing:

- Referrals to VA Benefits and claims
- Referrals to Rental assistance
- Referrals to Supportive Housing for homeless veterans and families
- Referrals to Landlord/Tenant disputes
- Referrals to Education and employment
- Referrals to Older Adults support and care
- Referrals to Long Term Mental Health Services
- Family Member & Caregiver Support Services



*Led by veterans
and their family members*

**Call our 24/7 Peer line:
1 877-698-7838**

In San Diego County Dial 2-1-1 (option 4)