

*"We don't walk behind you
or ahead of you
— we walk beside you."*

~ Anonymous

COURAGE
~ To Call ~

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CENTRAL COUNTY

2165 Kurtz Street
San Diego, CA 92110
(619) 209-4682

NORTH COUNTY

Libby Lake Community Center
4700 North River Rd. Suite 104
Oceanside, CA 92057
(760) 722-1539



COURAGE
~ To Call ~

GE | DUTY | COMMITMENT | EXCELLENCE

Support for Veterans, National Guard, Coast Guard,
Reservists (Active/Inactive), Active Duty Military,
and their Families and Loved Ones.



For More Information Call:
(877) MyUSVet • (877) 698-7838

Funded by:

County of San Diego Mental Health Services under
the California Mental Health Services Act (MHSA),
Prevention and Early Intervention Services (PEI).



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

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

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

Led by veterans & family members

- Confidential and free -

A Collaborative Partnership:



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Courage to Call is dedicated to helping former and present service members, including those who served in Operation Iraqi Freedom and Operation Enduring Freedom. This dedication extends to military families and loved ones.

All staff are your peers who have been in the military or who are 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 dedicated to helping veterans and their loved ones get the help they need and deserve.

They can help individuals find mental health information, support, access, and/or referrals throughout the County of San Diego.

Courage to Call is a program of Mental Health Systems, Inc. in collaboration with Veterans Village of San Diego and Mental Health America of San Diego County.

Mental Health Systems Inc., was founded to provide innovative mental health, and drug and alcohol rehabilitation in a cost effective manner.

Veterans Village of San Diego has innovative and pioneering programs that provide a comprehensive continuum of care to veterans and their families in need.

Mental Health America of San Diego County is the county's oldest non-profit dedicated to helping ALL people live mentally healthier lives.

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INTEGRITY | SERVICE | HONOR | COURAGE | DUTY | COMMITMENT | EXCELLENCE



What does Courage To Call provide?

Around-the-clock guidance, support, information and/or referrals that can help you:

- Develop coping skills
- Improve family and couples communication
- Decrease anxiety or depression
- Overcome substance abuse problems
- Improve your overall mental health
- Reduce stress
- Develop assertiveness skills
- Build healthy relationships
- Adjust to life after the military

Who does Courage to Call serve?

- Anyone who has served or is now in any branch of the Military.
- Families and loved ones of anyone with a military service background.
- Anyone who is concerned about the emotional health of veterans and their families.
- Anyone who has left the military and needs some help finding support and services regardless of their discharge status.
- Organizations, agencies, and providers that want to improve awareness and understanding of military and military family culture.

What do you need to do?

- Call (877) MyUsVet, (877) 698-7838 if you need support, information, and/or referrals.
- Share our number, (877) MyUsVet, with friends, family, co-workers, and associates.
- Call (877) MyUsVet if you have services that can benefit those who have been in the military or their families
- Call (877) MyUsVet to arrange for us to meet with your organization.

