inTransition
COACHING · CONNECTING · EMPOWERING

Are You a Service Member in Transition?

Are you concerned about your mental health treatment?

Have you received new orders? Are you looking at an upcoming change in status, relocation or return to civilian life? If you answered yes, and you are currently receiving mental health care, *inTransition* is a voluntary and confidential program that can help you.

Sign up for the *inTransition* Mental Health Coaching & Support Program

inTransition assigns you a personal coach to support you as you move between health care systems or providers. Your coach will:

- Coach you one-on-one as you go through your transition
- Connect you with your new provider
- Empower you with tools to continue making healthy life choices

Ask Your Provider or Call Today

Ask your provider for more information on the *inTransition* coaching and assistance program. Or simply call the toll-free numbers:

- **1-800-424-7877** Inside the United States;
- **1-800-424-4685 (DSN)** Outside the United States toll-free; or
- **1-314-387-4700** Outside the United States collect.

www.health.mil/inTransition

All *inTransition* coaches are skilled counselors. They understand today's military culture and issues. They understand and respect the importance of your privacy. They are with you every step of the way.

DEFENSE CENTERS OF EXCELLENCE
For Psychological Health & Traumatic Brain Injury