Support for service members moving between health care systems or providers.

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.

Your coach's number: ( ) _____

www.health.mil/inTransition

DEFENSE CENTERS OF EXCELLENCE
For Psychological Health & Traumatic Brain Injury

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.

inTransition
COACHING • CONNECTING • EMPOWERING

Are You a Service Member in Transition?

Are you concerned about your mental health treatment?

inTransition
COACHING • CONNECTING • EMPOWERING

Have you received new orders? Are you looking at an upcoming change in status, relocation or return to civilian life? If so, and if you are currently receiving mental health care, transferring to a new provider can be easy.

inTransition is a voluntary and confidential program to support you as you move between health care systems or providers. A personal coach, along with resources and tools, will help you during this transitional period. You'll have everything you need to make your transition a success.

inTransition Coaching & Support Program

Your *inTransition* coach will perform several valuable services:

- 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

All *inTransition* coaches are skilled counselors who 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.

You Can Do it Right with the Right Resources

inTransition has a great number of community resources. This means your coach can provide you with the specific information you need for your transition.

Ask Your Provider or Call Today

Ask your provider for more details or to get you started with 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.

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