



Defense Health Agency

inTRANSITION
Connecting • Coaching • Empowering

®



inTransition: Get Connected to Care during Separation, Transfer, or any other Transition

The Department of Defense's *inTransition* program is a free, voluntary, and confidential service to connect service members and veterans to mental health care and resources. *inTransition* offers specialized coaching and assistance to active duty service members, National Guard members, reservists, veterans, and retirees.

800-424-7877 • health.mil/inTransition

inTransition Provides:

SUPPORT:

- » **Individualized coaching from master's-level, licensed providers.**
- » **Readiness and action planning to address current stressors and challenges**

ASSISTANCE:

- » **Guidance on how to change or establish a health care provider**
- » **Referrals to new providers and follow-up for continuity of care**
- » **Hands-on guidance with benefit enrollment and other processes**

EDUCATION:

- » **Information on mental health care and provider types**
- » **Connections to local community resources and support groups**
- » **Options to pursue a healthy lifestyle**

Service members and veterans, or their providers, can connect with *inTransition* by **phone, live chat, or email** from any location in the world. Find contact information at health.mil/inTransition.

*The *inTransition* program bridges gaps in access to mental health care when transitioning between medical care facilities, geographic locations, or health care systems.*



How Do I Enroll?

Separating service members who received mental health care or moderate to severe Traumatic Brain Injury care within one year before their separation are automatically enrolled in the inTransition program. They may decline participation at any time.

The **most efficient enrollment method** is for care providers to call the inTransition program directly during one of their final appointments with the service member or veteran. Service members and veterans may also contact inTransition to self-refer to the program.

For more information about inTransition:

- » **Ask your provider.**
- » **Call 800-424-7877 inside the U.S.**
- » **Email dha.intransition@health.mil.**
- » **Visit health.mil/inTransition for live chat and international call options.**



Providers

Let's simplify the transition process.

Service members going through a transition — whether separation from service, being called to active duty, or relocation — may need extra support with mental health care at their new destination. The inTransition program is standing by to support these connections.

Referral to inTransition only takes a few minutes and requires the following information:

- » **Service member's name**
- » **Their home/cell number and email address**
- » **Their destination or discharge status**
- » **Reason for referral (e.g., diagnosis, presenting concern)**

Learn more about the program and enrollment at health.mil/inTransition.



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This product is reviewed annually and is current until superseded.

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