



*in*TRANSITION  
Connecting  
Coaching  
Empowering

For more information about *in*TRANSITION, visit ***health.mil/intransition*** or call/email:



**800-424-7877**

(Inside the United States)



**800-748-81111**

(OCNUS in Australia, Germany,  
Italy, Japan, and South Korea only)



***dha.intransition@health.mil***

NOTES: \_\_\_\_\_

*in*TRANSITION helps service members and veterans get connected to mental health care and resources when they move to a new place, switch doctors, or start with a new health care system anywhere in the world.

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*in*TRANSITION provides individualized coaching to help bridge the gap in mental health care during transition.

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Add *in*TRANSITION  
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