









## Purpose Statement

## Courage to Call



Courage to Call (C2C) is dedicated to improving the overall wellness of our Active Duty, Veteran, National Guard, Reservist and their Families in San Diego County.



## Who Do We Serve?

- **Active Military Service Members**
- U.S. Military Veterans
- Reserve Military Service Members
- National Guard Service Members
- Family Members of "ALL" stated above
  - ✓ Immediate family members (we will not turn anyone away, if we can make the connection)
- All 6 Military Branches/Regardless of Military Discharge status/ era of service/time in service
- Service Providers and Organizations



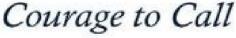














In partnership with





## What is Courage to Call?



### "A Resource for the Resources"



#### **Collaborative Partnership**

- \*FREE\* Food Distributions (bi-monthly)
- Clothing Closet (professional attire)
- 24/7 Peer Helpline (for resource information)
- Peer Support & Resource Navigation
- Brief Supportive Counseling
- Case Management
- Veterans Treatment Court

<sup>\*</sup>Funded by the County of San Diego's: Health and Human Services Agency (HHSA)



## Our Team

- 100% Military & Veteran Connected Staff
  - ✓ Program Manager
  - ✓ Community Liaison
  - ✓ Veteran Peer Specialists
  - ✓ Family Support Partners
  - ✓ Veteran Peer Outreach Specialists
  - ✓ Veteran Navigators
- Military Veteran Led Program











## Contact Us













\*1-877-698-7838\*

#### Online Text Chat at <u>www.courage2call.org</u> (7am-11pm)

Providing information and referrals that can help with, but not limited to:

- ✓ Employment services
- √ Food and housing/shelter resources
- ✓ Rent and utility resources
- ✓ Counseling/Mental health services for: PTSD, Depression, Anxiety, TBI, etc...
- √ Family and legal services
- √ VA and other benefit information/services
- ✓ Veteran transition services
- ✓ Low-cost/No-cost recreation activities





## Monthly Food Distributions







# Drive Thru Food Distribution

What: FREE Food Distribution

Who: Open to ALL MILITARY - Active Duty, Veterans,

Guard, Reservists and their families.

When: \*2nd & 4th Saturday of the month @ 10am\*

Where: 9445 Farnham San Diego CA 92123

✓ First come, first serve. No RSVP required.

✓ Must present military/veteran ID at check-in.

Hosted by Courage to Call in partnership with Feeding San Diego.





- Food Distributions held twice a month
   2<sup>nd</sup> & 4<sup>th</sup> Saturdays
- Open to all active duty, veterans, reservists, guard, and their families.
- No RSVP required

#### **Veterans Treatment Court**

#### **MENTOR BOOTCAMP**



Southern District of California Veterans Treatment Court



Courage to Call

mhs MENTAL

## **WE WANT YOU!**

If you are a Veteran interested in becoming a VTC Mentor please join us for a Mentor101!

#### Mentors will:

- \* Offer support and understanding to a fellow V eteran facing difficulties
- \* Attend monthly Veteran Treatment Court to motivate and support Veterans
- \* Be in contact weekly with Veteran participant (via phone, email, text)
- \* Make a one-year commitment of approximately 4-8 hours a month

Please contact Courage to Call by phone 858.636.3602 or email megan.ramey@mhsinc.org

## Wellness Wenesdays



Come join us every Wednesday at 4pm on FB Live <a href="https://www.facebook.com/courage2call/">https://www.facebook.com/courage2call/</a>

We will be covering wellness topics and helpful resources.

Please let us know if there is a topic

that you feel would be useful by emailing us at couragetocall@mhsinc.org

or chat with us on our website <a href="https://www.courage2call.org/">https://www.courage2call.org/</a>

We would love to hear from you! See you Wednesday!



24/7 Peer line: \*1-877-698-7838\* 877- My US Vet







