Courage to Call

A Collaborative Partnership

mhs
MENTAL HEALTH SYSTEMS
2-1-1 SAN DIEGO

LIVE WELL
SAN DIEGO

Veterans Village of San Diego
Purpose Statement

**Courage to Call**

A Program of **MHS** Mental Health Systems

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

Courage to Call

Led by MENTAL HEALTH SYSTEMS

In partnership with
What is Courage to Call?

“A Resource for the Resources”

- *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

*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

Contacting the Peer line
(24/7 by Phone)

*1-877-698-7838*

Online Text Chat at [www.courage2call.org](http://www.courage2call.org) (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

Courage to Call
A Program of MHS Mental Health Systems
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.
Veterans Treatment Court

MENTOR BOOTCAMP
Southern District of California Veterans Treatment Court

Courage to Call

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 Veteran 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 Wednesdays

Come join us every Wednesday at 4pm on FB Live
https://www.facebook.com/courage2call/

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 https://www.courage2call.org/

We would love to hear from you! See you Wednesday!
I'VE GOT QUESTIONS
AND I WANT ANSWERS

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

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VVSD Veterans Village of San Diego
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