

Courage to Call



A Collaborative Partnership



LIVE WELL
SAN DIEGO

Purpose Statement

Courage to Call

A PROGRAM OF  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

mhs MENTAL
HEALTH
SYSTEMS

In partnership with

2-1-1
SAN DIEGO

VVSD
Veterans Village
of San Diego

What is Courage to Call?

mhs MENTAL
HEALTH
SYSTEMS

“A Resource for the Resources”

2-1-1
SAN DIEGO



VVSD
Veterans Village
of San Diego

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

*Funded by the County of San Diego's: Health and Human Services Agency (HHSA)

 **LIVE WELL**
SAN DIEGO

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

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2-1-1
www.211.org

VVSD
Veterans Village
of San Diego

Contact Us



Follow Us

Contacting the Peer line

(24/7 by Phone)



1-877-698-7838

Online Text Chat at 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  **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*.



- Food Distributions held twice a month
2nd & 4th 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



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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 Wenesdays



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!



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

877- My US Vet

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