

*in*Transition

COACHING • CONNECTING • EMPOWERING

Connecting Service Members and Veterans to Psychological Health Support



The DoD's inTransition program is a **free, voluntary and confidential** program designed to ensure support to active duty service members, veterans, National Guard members, and reservists with psychological health needs as they move between healthcare systems.

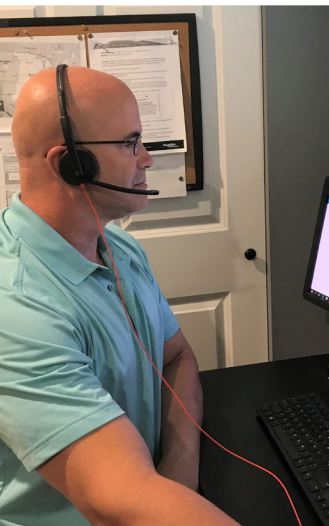


800-424-7877 • health.mil/intransition

inTransition bridges potential gaps during a service member's transition to a new medical care facility, a new geographic location or into a new healthcare system.

inTRANSITION PROVIDES

- Assistance with referrals and follow-up with new providers to ensure effective continuity of care for service members, veterans, National Guard members, and reservists
- Information for service members about their psychological healthcare and how to successfully change providers at the time of transfer or discharge
- A designated inTransition Coach, available by phone, who is a master's-level, licensed clinician
- Support for service member's psychological health and wellness through the coach's use of motivational interviewing, readiness and action planning to identify and address challenges
- Information about local community resources, support groups, healthy lifestyle options, benefit enrollment and other health resources
- Toll-free program access and additional program information at health.mil/intransition



The ability to connect with inTransition by phone or e-mail makes the program readily available to service members regardless of where they are located.

Service members with **any category of discharge** qualify to use the inTransition program.

HOW DOES IT WORK?

All service members leaving military service who have received psychological healthcare within one year of their separations will be automatically enrolled in the inTransition program, and may decline participation at any time.

The **most effective and efficient enrollment method** is for providers to call the inTransition program to initiate intake procedures during one of their last treatment encounters with the service member. Service members and veterans can also contact inTransition on their own for a self-referral.

For more information about the program, ask your provider, visit **health.mil/intransition** or call:

800-424-7877 Inside the U.S.

800-424-4685 Outside the U.S. toll-free

314-387-4700 Outside the U.S. collect





PROVIDERS

Let us help make their transition easier.

Transitions in military service can be challenging. Any transition — be it a separation from service, call to active duty, or relocation — can take its toll. If a service member is going through a transition, he or she may need extra support getting connected to psychological healthcare at their new location. inTransition is standing by to provide connection to care and other transition-related resources.

Referral to inTransition only take a few minutes; you will be asked to provide the following information:

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

Visit our website to learn more about the program and enrollment at health.mil/intransition.