



Get Connected to Psychological Health Care During Separation, Transfer, or any other Transition

The inTransition program is **free, voluntary and confidential**. The Department of Defense developed the program to connect Service members and Veterans to psychological health services during transitions. **inTransition** offers specialized coaching and assistance for active duty service members, National Guard members, reservists, Veterans and retirees.

inTransition Provides:

SUPPORT:

- » Designated coaches who are master's-level, licensed clinicians
- » Readiness and action planning to address challenges
- » 24/7/365 access to the program

ASSISTANCE:

- » Guidance on how to change or establish a care provider
- » Referrals to new providers and follow-up for continuity of care
- » Hands-on guidance with benefit enrollment and other processes

EDUCATION:

- » Information on psychological health care treatment and provider types
- » Connections to local community resources and support groups
- » Options to pursue a healthy lifestyle

Service members and Veterans, or their clinicians, can connect with inTransition by **phone, live chat or email** at any time from any location in the world. Find contact information at health.mil/inTransition.

The inTransition program bridges gaps in access to psychological health care when transitioning between medical care facilities, geographic locations or health care systems.



How Do I Enroll?

Separating Service members who received psychological health care within one year before their separation are automatically enrolled in the inTransition program. They may decline participation at any time.

The most efficient enrollment method is for care providers to call the inTransition program directly during one of their final appointments with the Service member or Veteran. Service members and Veterans may also contact inTransition themselves for a self-referral.

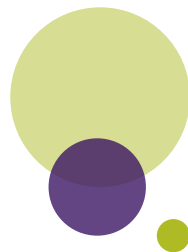
For more information about inTransition:

- » Ask your provider.
- » Call [800-424-7877](tel:800-424-7877) inside the U.S.
- » Email dha.ncr.j-9.mbx.intransition@health.mil.
- » Visit health.mil/inTransition for live chat and international call options.



Providers

Let's simplify the transition process.



Service members going through a transition – whether separation from service, being called to active duty, or relocation – may need extra support getting connected with psychological health care at their new destination. The inTransition program is standing by to support these connections.

Referral to inTransition only takes a few minutes and requires the following information:

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

Learn more about the program and enrollment at health.mil/inTransition.

MHS Military Health System
health.mil



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This product is reviewed annually and is current until superseded.