



Need a hand helping a Veteran get into care? Reach out to us.

When a loved one returns from deployment and is troubled by anything from anger to sleep problems, a happy reunion can become a stressful situation. Some Veterans are reluctant to reach out for the help they are entitled to receive.

Coaching Into Care is a telephone-based program developed by The Department of Veterans Affairs (VA) to help you talk with the Veteran in your life about getting the treatment and support he or she needs. All in complete confidence. And all to get your family back on track.



1-888-823-7458

VA | Defining
HEALTH CARE | EXCELLENCE
in the 21st Century

Signs Of Difficulty

Combat often changes things. You may notice that both of you have experienced a few changes. The Veteran in your life may have been changed by combat and may not want to talk about it. You've changed, too — maybe running the house alone has made you more independent.

Be patient. Be supportive. And be aware that some behaviors may suggest a need for assistance:

- Sleep problems
- Restlessness
- Overly watchful
- Easily angered
- Social withdrawal
- Depression
- Reckless driving
- Risky behaviors (alcohol abuse, smoking)

You may notice one or more of these responses. He or she may even feel their suffering is shameful or a sign of personal weakness. A Veteran may feel he or she can snap out of it and might be reluctant to seek help.

How Coaching Into Care Helps

Coaching Into Care offers Veterans and their families these free services:

- Encouragement and information about getting an evaluation and services
- Consultation with a coach to develop ideas for talking with the Veteran in your life about your concerns
- Referrals to services for Veterans and their family members

We Value Your Privacy

You are assured that every aspect of your treatment — from the initial contact to any service provided — will be kept in confidence, except for cases in which we act to protect the lives of you, the Veteran, loved ones or others.



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www.va.gov/coachingintocare

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