Helping You Help a Veteran

Do you know a Veteran who seems to be struggling? Maybe she has difficulty sleeping? Or he doesn't like being in public places or crowds? The effects of deployment can show up in many ways. And these problems can show up weeks, months, or even years after a service member returns from combat.

You may be in a special position to help a Veteran to reach out for help. *Coaching Into Care* is a national VA call center for family and friends of Veterans who want to help. *CIC* works to educate, support and empower family members and friends so that you can encourage the Veteran in your life to seek care.

Coaching Into Care has a team of dedicated professionals who specialize in helping callers get the right information about how to help Veterans and how to navigate the VA system. Our call center staff includes social workers and psychologists who all work together so that you can lend a helping hand.

People often call *CIC* because they know a Veteran they are worried about. If this sounds like you, we are ready to talk to you about your goals for getting support for a Veteran, or for yourself. Our free coaching service can help you figure out how to motivate the Veteran in your life to seek services. We can talk with you about ways to begin difficult conversations and come up with a plan that feels right to you. There is no one "perfect" thing to say to get someone into care, but with patience and support, we will help you navigate through this difficult time.

All services are free and confidential! We look forward to hearing from you soon.

Coaching *into* Care

To learn more, call 1-888-823-7458

For crises or urgent needs, please contact the **Veterans Crisis Line** at 800-273-8255 and Press 1 for Veterans.

VA | U.S. Department of Veterans Affairs

www.va.gov/coachingintocare