

No matter where you're returning from or moving to,  
*inTransition* can keep you moving forward.

**800-424-7877**

*Inside the United States;*

**800-424-4685 (DSN)**

*Outside the United States toll-free; or*

**314-387-4700**

*Outside the United States collect.*

Your coach's number: (    ) \_\_\_\_\_

**[www.health.mil/inTransition](http://www.health.mil/inTransition)**



**DEFENSE CENTERS  
OF EXCELLENCE**

For Psychological Health  
& Traumatic Brain Injury

IT-BMPD10

All *inTransition* coaches are skilled counselors.  
They understand today's military culture and issues.  
They understand and respect the importance of your  
privacy. They are with you every step of the way.

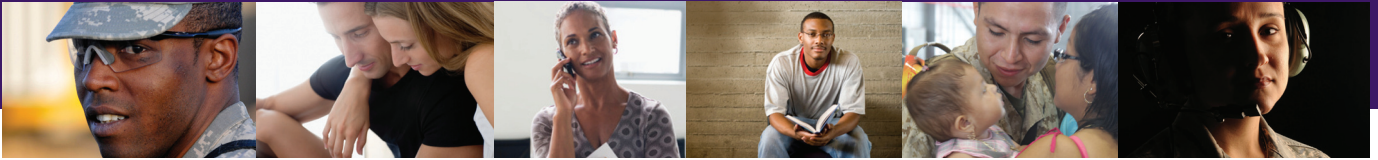
***inTransition***  
COACHING • CONNECTING • EMPOWERING



**Returning From Active Duty?  
Welcome Home.**

*Have you taken your PHA, PDHA or PDHRA  
and wonder what to do next?*

***inTransition***  
COACHING • CONNECTING • EMPOWERING



If your Periodic Health Assessment (PHA), Post-Deployment Health Assessment (PDHA) or Post-Deployment Health Reassessment (PDHRA) suggests that you could benefit from mental health care, please take a moment today to call the *inTransition* personal coaching program.

### What is the *inTransition* Personal Coaching & Support Program?

*inTransition* is a free, voluntary and confidential personal coaching program that assists returning servicemembers as they transition back to their everyday lives after serving our country. While *inTransition* coaches do not provide mental health care, they can help you locate the care and services you need. They can motivate you to achieve your wellness goals. No matter where you're returning from or moving to, *inTransition* can keep you moving forward.

### What happens when I call *inTransition*?

When you contact *inTransition*, you will be assigned your own personal coach. *inTransition* coaches know the importance of good mental health to our servicemembers and can answer your questions about the many mental health wellness programs and treatment options that are available, including those you may be eligible for that are offered by the Department of Veterans Affairs.

All *inTransition* coaches are skilled counselors. They understand today's military culture and issues. They understand and respect the importance of your privacy. And, most important, as you move forward, they are with you every step of the way.

The *inTransition* program provides unlimited telephonic coaching at no cost to you. Your personal coach will:

- Coach you one-on-one via telephone, helping you make healthy lifestyle choices.
- Connect you with a mental health provider, confidentially, privately and securely.
- Empower you to make the changes that you want to make in your life.

### *inTransition* Connects You to Wellness Resources

*inTransition* coaches can assist you in getting help and information from sources such as the Department of Defense, TRICARE, VA as well as outside community resources. *inTransition* can connect you to the resources you want—and some you may not have even thought of—so you can achieve the total wellness you deserve.

### Contact *inTransition* Today

To get started with the *inTransition* coaching program, simply call the toll free numbers: 800-424-7877 inside the United States; 800-424-4685 (DSN) outside the United States toll-free; or 314-387-4700 outside the United States collect. Join our listserv! E-mail: [intransition@tma.osd.mil](mailto:intransition@tma.osd.mil).

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