

Be Connected is on a mission to connect every Arizona service member, veteran & their families to support and resources. Call and connect today!

866-4AZ-VETS

Ecosystem of Support: Areas of Focus
> Basic Needs



Covering the Basics

Putting food on the table, making sure you have a safe place to sleep, and covering utility costs can be a challenge if income is not keeping pace with the cost of living. This type of stress can cause a myriad of problems, from feeling irritable, sad, or more anxious than usual, to more serious issues like depression, addiction issues and even thoughts of suicide. Fortunately, there are steps you can take to help address your situation.

- ✓ You're not alone. Help is available from people who care about you and will work to connect you to the appropriate available resources.
- ✓ Alleviating the immediate needs is a first priority. After the most urgent needs are addressed, it is time to take control of the situation and discover long-term solutions to the underlying issues that are causing a disparity between income and basic living expenses.
- ✓ Addressing the financial situation is only part of the solution. It is also necessary to invest in your own well being and mental health. While addressing the immediate financial needs will provide relief, finding long term solutions will improve your financial, mental and physical health.

Take Control

A gap between your available budget and living expenses will not go away, and may get worse, if it is ignored. Taking control of the situation by acknowledging the problem and reaching out to trusted social service partners is an important first step. Apply for all state, federal, and military benefits, especially hunger relief programs to minimize food insecurity. Next, address employment and educational needs to set yourself up for future income streams.



Locate Assistance

Be Connected uses a resource matching tool to connect service members, veterans and family members, to information and resources that best fit their situation. From budgeting, money management, unemployment benefits, nutrition, cash or medical assistance, calling 866-4AZ-VETS (866-429-8387) today is the way to locate the available assistance that can help you secure resources for your future.



Take Care of Yourself

Prolonged stress can rob you of your health and wellness. Remember to stay physically active, eat nutritious foods and drink plenty of water. These healthy habits will not only help you manage stress better, they can also help promote healthy sleep. Find solace in connecting with your loved ones and friends. Keep the big picture in mind: although things may feel really stressful right now, you are working to get help and change your circumstances.



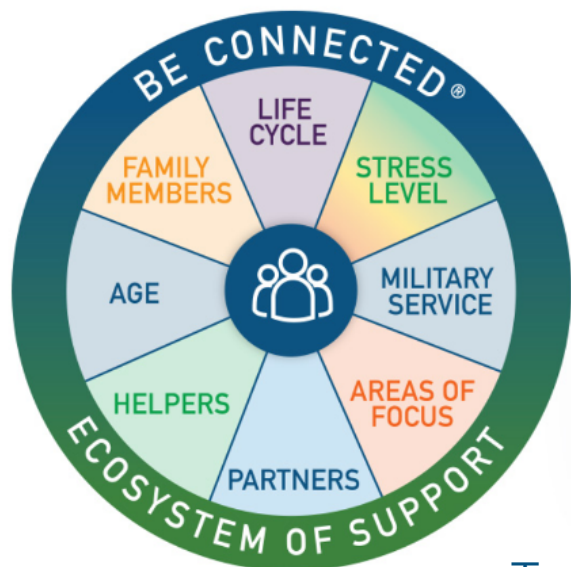
If Someone You Know is Struggling

Many people struggle to strike the right balance with personal finances. If someone you know is experiencing financial issues, let them know that you are still there for them with a positive attitude and an empathetic approach. Remind them that feeling stressed, worried or anxious in times of uncertainty or change is ok.



We Can Help

Our skilled, trained staff can conduct a needs assessment over the phone, at no cost. This is the first step to discovering which of the available resources will best fit your situation. To get started, call 866-4AZ-VETS (866-429-8387).



The Be Connected® Ecosystem of Support

We're on a mission to connect every Arizona service member, veteran & their family members to support and resources for wellness, employment, benefits and more! We achieve this mission through our Be Connected Ecosystem of Support. This unified network of people, organizations and communities is accessed through our support line: 866-4AZ-VETS (866-429-8387).

Total Support

The Be Connected Ecosystem of Support offers a holistic approach to ensure that service members, veterans and their families receive the care and support they deserve. Everyone in our community has a role to play in to ensure that any door they enter is a gateway to a welcoming, supportive and helpful space.

Areas of Focus - Be Connected focuses on all of the social determinants of health, by connecting service members, veterans & family members to support and resources.

Stress Level - Our upstream approach means support is available across the stress levels, with a goal of earlier intervention.

Partners - We deliver services and support through our unified, statewide, interconnected partner network, enabling us to maximize our collective impact.

Life Cycle - Be Connected offers resources throughout the military life cycle, from the start of service to separation and beyond.

Helpers - Helpers play a key role in engaging and connecting people and families to the resources and support they need, when they need it.

Family Members - Every family member matters to Be Connected and our team is here for you with support and connection to resources.

Military Service - We're here for all service members and veterans – regardless of branch, component, length/era of service and discharge status.

Age - As your needs change and evolve throughout your life, Be Connected is here for you. Reach out to our team today for personalized support.