

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
> Family & Social Supports



Strengthening & Reconnecting

People lose touch with family and friends for a number of reasons. The first step in reconnecting is to understand what happened to cause the distance. Working through estranged and difficult relationships can be crucial component to your overall mental and physical wellness.

- ✓ Talking through the incident that caused the estrangement or the issues that made the relationship difficult is an important part to healing. You can do this with the help of a therapist or by talking with friends or other family members.
- ✓ To prevent family estrangement from arising, dedicate family time to help strengthen family bonds. Creating a consistent time and space where the members of the family sit down and talk, play board games, watch movies, go hiking, etc. can be invaluable in a busy world. There are professionals who specialize in family dynamics to help.
- ✓ Creating a positive mechanism to cope with stress that arises from family relationships. Make time for a hobby or enjoy something special that eases your mind such as yoga, spending time outdoors, reading or riding a bicycle.



Be Patient

Understand that people take time to change. Change won't happen overnight, be patient.



Manage Feelings

Feeling emotions is part of the human experience. Learn how to manage your feelings is an important coping skill to build maturity. Be mindful of other people's feelings as well.



Build Connections

Work to create moments of mental and emotional connection by spending time with the person. Be an active listener to understand the other person's thoughts and feelings. Build a trusted network of support as you begin to work through the difficult relationship. This can include a professional therapist, a member of the clergy or social service agency.



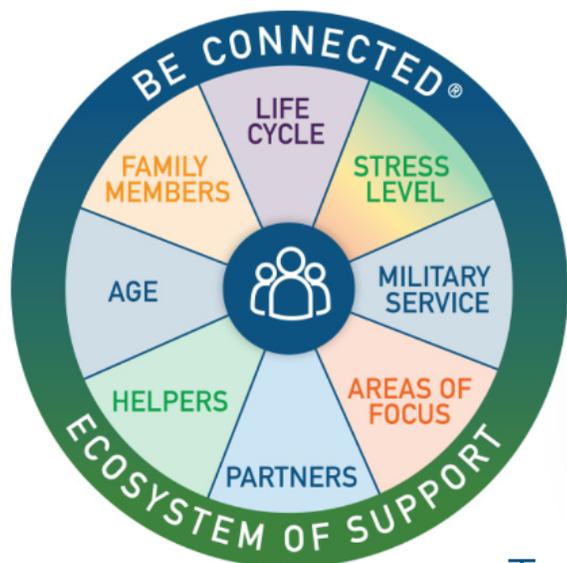
If Someone You Know is Struggling

When someone is experiencing difficulty in their family or social relationship, listen to their concern. Give the person space to explain what they are going through and let them tell you how they feel.



We Can Help

Navigating relationships can be complex and overwhelming to work through. Our skilled, trained staff can provide connection to resources for family and relationship issues. To get started, call 866-4AZ-VETS (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.