

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



Healthy Support System

Having a healthy relationship with family, friends, and a robust social support system is an important part of overall health. It is important to build and maintain connections with people through work, hobbies, and social activities.

- ✓ Having a social support system beyond blood relations is an important part of maintaining our mental and physical health. This is especially true if family members lose touch due to geographic separation, boundary issues, or disagreements.
- ✓ For some, the term 'family' can be expanded to mean the people they love and care for such as a trusted friend, the significant other of older children, and even a trusted colleague.
- ✓ 'Family' and social support systems can look different from person to person but one common element is that they can help people avoid feeling isolated or vulnerable during times of stress.
- ✓ A healthy support system provides social connection and offers opportunities to engage, combating loneliness.



Emotional Support

Expressions of caring, support, and love are ways to offer emotional support. Offering empathy, being trustworthy, affirming through praise, and showing care and compassion are all ways to strengthen emotional support.



Informational Support

Offering sound advice, an outside perspective, and providing referrals to trusted, credible information are ways to offer information support to someone. Offering helpful suggestions and sharing past experiences or similar experiences are ways to offer support.



If Someone You Know is Struggling

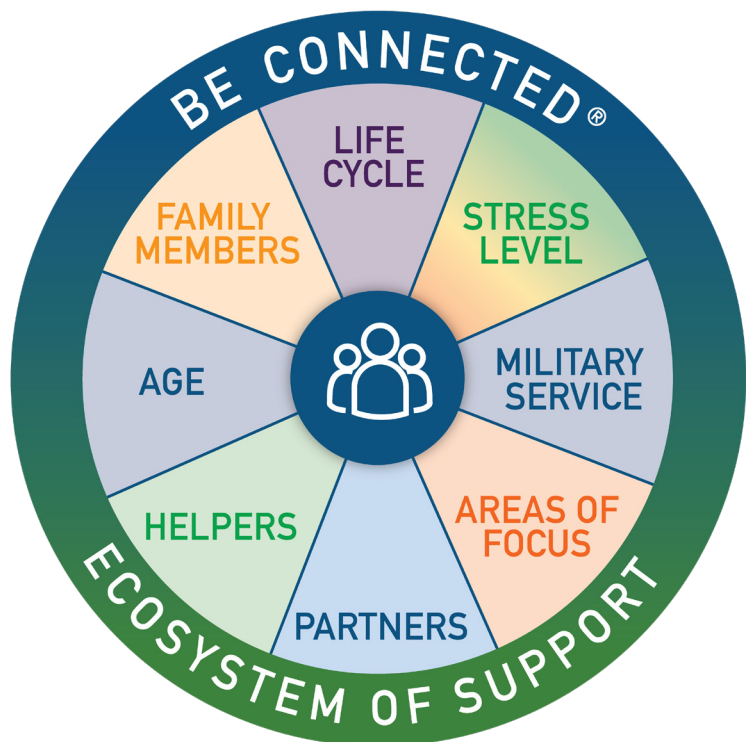
When someone is experiencing difficulty in their family or social relationship, listen to their concerns. Give the person space to explain what they are going through and let them tell you how they feel.



Expanding Your Support System

We can help connect you to veteran services organizations, professional groups, career training, volunteer opportunities, and even counselors. Call 866-4AZ-VETS (866-429-8387) to speak to our support team.

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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.

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

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

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

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

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

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

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.