

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 >
Mental Health



Promoting Mental Health

Mental health includes our emotional, psychological, and social well-being. At times, we can experience problems with our mental health due to life stressors, life events, a traumatic incident, or medical issues. When this happens we can feel unsettled, scared, and unsure how to move forward. An important step to healing, growing, and recovering is to reach out for help. Treatment and recovery are ongoing processes that happen over time, and include a journey back to your best self.

- ✓ If you have, or believe you may have, a mental health problem, seek professional help from a mental health provider.
- ✓ If you are unsure where to go, talk with your primary care physician, health insurance provider, the National Alliance on Mental Illness or contact the Be Connected program at 866-429-8387.
- ✓ Keep all appointments and participate fully with your mental health provider.
- ✓ Build a reliable support system with trustworthy people who can support your health and wellness.
- ✓ A healthy mind includes having a healthy body. Eating a healthy diet, meditation, getting enough rest, exercising and avoiding alcohol and substance use may be helpful.



Set Boundaries

Promoting mental health sometimes involves setting clear boundaries between yourself and other people. You are not responsible for other people's happiness. Prioritize your emotional and physical health. Be careful not to become immersed with the needs of others.



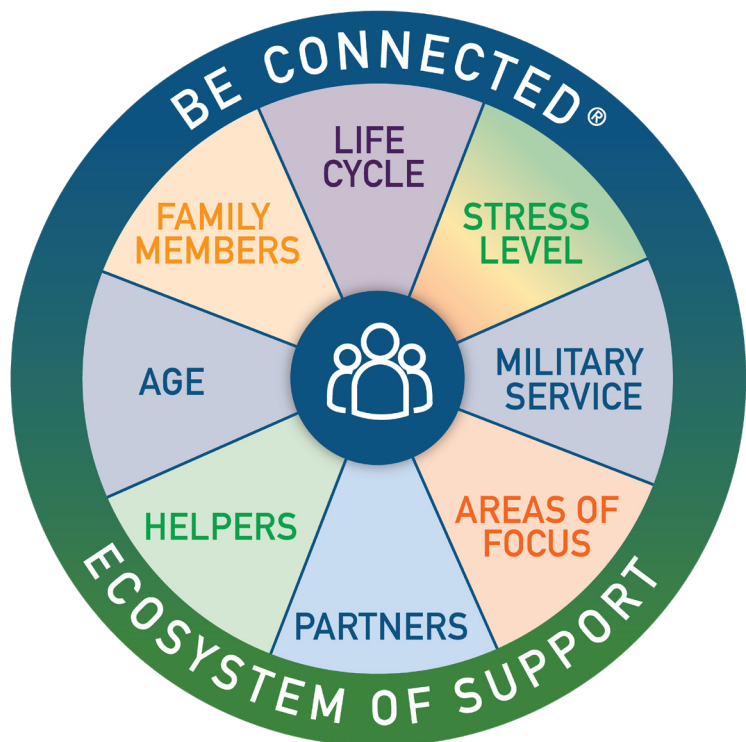
Beware of Vulnerabilities

People with mental health issues who appear vulnerable may be targeted financially, or be at risk of sexual, physical, and mental exploitation or abuse. If you are worried about these issues, ask for help from Adult Protective Services, your medical providers, or, in an emergency, local police.



We Can Help

There are a multitude of resources in Arizona that offer help navigating mental health issues. The Be Connected support line uses a resource matching tool to identify resources to best fit your situation. Call 866-4AZ-VETS (866-429-8387) for confidential support and connection to resources.



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.