

**Veteran Wellness Program (VetWell)**

The Veteran Wellness Program (VetWell) is an outpatient treatment program that provides mental health services, peer mentorship, and case management to support Veterans and their family members. The program provides individual therapy, group therapy, psychoeducation, peer facilitated support groups, as well as case management support for linkage and referral to additional community-based resources. Mental health therapy services will be performed by licensed clinicians, or associate clinicians/trainees supervised by a licensed therapist.

The California Veterans Health Initiative (CVHI) Mental Health Support (MHS) is a program initiated by the California Department of Veterans Affairs (CalVet) to support in advancing mental health care to veterans and their family members. CalVet has partnered with organizations, like THMA to be able to meet this need in the community.

**VetWell offers:**

* Weekly individual therapy sessions
* Weekly therapeutic groups
* Case management support

**Location:**

* The Veteran Wellness Program is located in San Luis Obispo, California. Sessions will be performed either in person or via telehealth.

**Who we serve:**

* Veterans and family members residing in San Luis Obispo and Santa Barbara County
* Individuals with mild-moderate mental health symptoms
* Services will be provided at no cost to participants

**Who is eligible for the program?**

Services are available to anyone who has served in the military regardless of discharge status. Services are additionally available to family members of veterans. Referrals are available through the Central Coast Hotline 800-783-0607. Length of service will be dependent on the individual and family needs.