Check-In is a user-friendly tool designed to connect veterans and their families with high-quality, compassionate care for mental and brain health.

**STEP 1**
Reach out for yourself or refer a peer or loved one.

**STEP 2**
A specialized care coordinator will contact you within 72 hours.

**STEP 3**
Get connected to a high-quality care provider.

Check-In is powered by the Veteran Wellness Alliance - an innovative alliance that connects high-quality care providers and veteran peer networks to empower veterans to seek mental and brain healthcare when they need it.

[VeteranCheckIn.org](http://VeteranCheckIn.org)