

Connecticut

MILITARY SUPPORT PROGRAM (MSP)

PROVIDES FREE, CONFIDENTIAL COUNSELING SERVICES TO NATIONAL GUARD RESERVE MEMBERS AND THEIR FAMILIES - STATEWIDE

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Simply call MSP at

**1-866-251-2913**

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Who is eligible? National Guard/Reserve personnel who are scheduled to, are currently, or who have returned from OEF/OIF deployment and their families (spouses, significant others, teens, kids, parents, grandparents).

Trouble with irritability, anger, road rage?

Difficulty sleeping?

Feeling anxious?

Worried about drinking too much?

Problems with the kids?

Feeling emotionally numb?

Trouble re-connecting with friends and co-workers?

Re-experiencing combat?

Marriage or relationship difficulties?

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**The Military Support Program can help!**

*Additional Services include:*

**Information and Referral**

**Community Outreach by MSP Clinicians**



[www.ct.gov/dmhas/veteransservices](http://www.ct.gov/dmhas/veteransservices)

Connecticut

## MILITARY SUPPORT PROGRAM (MSP)

**The Military Support Program (MSP)** provides free, confidential, locally available outpatient counseling services to national Guard and Reserve personnel and their families. The central feature of the program is a statewide panel of over 300 licensed clinicians who stand ready to provide confidential counseling services that include marriage and family counseling, as well as counseling for stress related to deployment, combat, and homecoming. The program is unique in that Connecticut is the first state in the nation to provide behavioral health services to its citizen soldiers and their families.

National Guard/Reserve personnel and their family members seeking referral to counseling services are encouraged to access the program through the 24/7 MSP toll-free call center. When a soldier or their family member calls, they are provided the names and contact numbers of at least three clinicians in their area. MSP staff persons support the process by providing outreach; information, referral and advocacy; and community case management services.

To access MSP services, call

**1-866-251-2913**

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*Serving Connecticut's
Citizen Soldiers and Their Families*



CT Department of Mental Health and Addiction Services

www.ct.gov/dmhas