



- Free
- Confidential
- Available 24-hours a day

Call for an appointment

(909) 884-0133

(800) 222-9691

We have offices in:

*Carlsbad, Claremont, Corona,
Fallbrook, La Jolla, Palm Springs,
San Bernardino, San Diego,
Temecula & Victorville*



Online Support

*Visit our website for additional ESS
services such as:*

- Office locations & directions
- Staff bios & pictures
- Class registration
- Thought for the day
- Breathing exercises
- Slide shows
- Articles & handouts
- Questionnaires & surveys
- Links to other resources

www.thecounselingteam.com

Deployment Readiness



*Dedicated to Serving
Those Who Serve not only
Our Community but also our
Country*

The Counseling Team International (TCTI)

Headquarters

1881 Business Center Drive, Suite 11
San Bernardino, CA 92408
24 Hr. (909) 884-0133 or
(800) 222-9691
Fax (909) 384-0734

www.thecounselingteam.com

PREPARED

**Pre-deployment
Readiness
Education for
Peace Officers with
Adequate
Reintegration
Effective
Devices**

Are You PREPARED?

PREPARED is designed to provide comprehensive support to service professionals and their eligible family members throughout all phases of military reserve duty (pre-deployment, deployment, and post-deployment).

PREPARED provides a variety of services to every veteran and military reserve service professional and their eligible family members at no cost. These services include the following:

- Counseling (group and individual) and referral services
- Informational group workshops
- Assistance to supervisors in referring employees whose personal problems are affecting their job performance
- Website access to additional services and resources

There are no fees for TCTP's counseling services. However there are times when individuals are referred to resources outside the program. Should an employee or eligible family member decide to use these outside resources, they will be responsible for any fees associated with their use.



PREPARED Referrals

PREPARED encourages the participation of all departmental staff in the support of our military personnel. As a vital part of ensuring women and men in the military reserve transition in and out of reserve duty, we ask supervisors and peers to assist in helping prevent minor problems from developing into major issues.

Will My Supervisor Be Notified?

All counseling services are completely confidential unless the law requires divulgence. Your supervisor will not be notified unless you request it. Your counseling sessions will remain confidential between you and the TCTI mental health professional.

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**Visit our website for more
information...**

www.thecounselingteam.com

PREPARED can help with many issues, including the following:

- ✓ Financial Issues
- ✓ Survivor Guilt
- ✓ Substance Abuse
- ✓ Anxiety/Panic Attacks
- ✓ Career Concerns
- ✓ Relationship Concerns
- ✓ Marital & Family Problems
- ✓ Stress/Burnout
- ✓ Anger Management
- ✓ Separation/Divorce
- ✓ Child/Adolescent Issues
- ✓ Suicide Prevention & Intervention
- ✓ Grief/Bereavement
- ✓ Depression

We also offer referral assistance for the following:

- ✓ Child Care
- ✓ Adoption
- ✓ Elderly & Senior Care
- ✓ Pet Care
- ✓ Financial Information
- ✓ Chemical Dependency

