



# MEDIA RELEASE

STATE OF TENNESSEE  
DEPARTMENT OF MILITARY

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## **Tennessee National Guard teams up with Courage Beyond at Centerstone**

**NASHVILLE, Tenn.** – The Tennessee National Guard has teamed up with Courage Beyond at Centerstone to provide additional behavioral health resources to Army and Air Force military members and their families as part of their Joining Community Forces initiative.

Courage Beyond is a non-profit organization dedicated to providing confidential, no or low-cost behavioral health programs to warriors and their families. These services, offered statewide, will supplement current support programs available to meet the demands of the physical, mental and emotional stresses soldiers and airmen often face as a result of lengthy deployments. These services are also available to those military members who have not deployed and are dealing with other life stresses.

Courage Beyond offers professional counselors located in regions and counties where other behavioral health services may be limited. This joint venture allows service members and their families to find a counseling source closer to where they live and work. While Courage Beyond has developed a program of support for Tennessee National Guard service members and their families, they also offer professional counseling for all veterans.

To access services from Courage Beyond, call 866-781-8010 or visit <https://couragebeyond.org/> to learn more.

**All Tennessee Army and Air National Guard press releases can be found at <http://www.tnmilitary.org>**

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