

Early Alert

Weekly wellness check-ins via text

Team contact

Sarah Douville
sarah@EarlyAlert.me

Early Alert uses automated, low-pressure wellness checks via text message to build trust with non-VHA-connected Veterans and link them relevant support services, including VA services. Early Alert provides personalized responses and immediate referrals.

What you will get

- **Weekly check-ins:** One simple question about a different aspect of your well-being each week.
- **Personalized support:** Resources matched to what you need based on your responses
- **Low pressure:** Respond when you want—no judgment, no appointments
- **Confidential help:** Connect with support when needed — quick, private, and on your terms.

Who can join

- All Veterans, including those not currently enrolled in VA healthcare
- All service areas and locations
- Any Veteran with a phone that can receive texts

How to get started

- Veterans can sign up directly via the Early Alert website www.EarlyAlert.me/Veterans or scan the QR code below



Scan to sign up for a free
Early Alert account



About Mission Daybreak

Mission Daybreak connects Veterans with new mental health and suicide prevention resources. Through partnerships with innovative organizations, VA is testing and expanding solutions designed to meet Veterans where they are—whether that's through text messages, online groups, traditional healing circles, or other approaches that fit your life. Learn more about the program at www.MissionDaybreak.net.