

7 TOOLS

TO HELP KEEP ACTIVE-DUTY SERVICE MEMBERS MISSION READY

REAL WARRIORS ★ REAL BATTLES
REAL STRENGTH



The Real Warriors Campaign understands the unique challenges that active duty service members face. Use the free, confidential resources highlighted in this brochure to stay mission ready and build psychological strength before, during or after deployment.

1 LEARN ABOUT USEFUL RESOURCES AND INFORMATION

realwarriors.net

Visit the Real Warriors Campaign website to read articles written for service members of all branches about important resources that can help address the unique challenges of life in uniform. Topics include treatment options for sleep conditions, depression and other psychological health concerns, reintegrating into family life after deployment and maintaining mission readiness.



2 HEAR FROM REAL WARRIORS

realwarriors.net/personal-stories

Watch empowering videos of service members who had the courage to seek care for their psychological health concerns and are maintaining military careers. Visit realwarriors.net/personal-stories to watch videos of warriors who sought treatment with positive outcomes, including maintaining their security clearance and learning new coping skills that helped them return to peak performance.



3 CONTACT THE PSYCHOLOGICAL HEALTH RESOURCE CENTER

866-966-1020

Reaching out for help is a sign of strength. Service members can always contact trained health resource consultants at the Psychological Health Resource Center (PHRC) for assistance accessing care.

Consultants are available 24/7, in English or Spanish, to provide confidential guidance, answer questions and help find local resources. Consultants are available by phone from anywhere in the U.S. or via live chat at realwarriors.net/livechat from anywhere in the world.



REACHING OUT IS A SIGN OF STRENGTH

Military families are not alone.

Talk confidentially to a trained health resource consultant 24/7, for free by visiting realwarriors.net/livechat or calling **866-966-1020**.

Call the Military Crisis Line at **800-273-8255** (press 1), chat online by visiting militarycrisisline.net or send a text message to **838255** for confidential support in a crisis.

Connect with a peer in the military community by requesting a confidential peer-to-peer specialty consultation from Military OneSource at **800-342-9647**.

Engage with the Real Warriors Campaign community on social media:

 twitter.com/realwarriors
 facebook.com/realwarriors

Visit orders.gpo.gov/realwarriors to order additional materials.



4 ACCESS CONFIDENTIAL SUPPORT FROM MILITARY ONESOURCE
militaryonesource.mil
or 800-342-9647

Military OneSource provides free and confidential non-medical counseling for service members and their immediate family. Counselors can help you navigate a variety of military life challenges like managing stress, addressing marital conflicts, coping with grief and more.

Counseling services are available 24/7. Visit livechat.militaryonesourceconnect.org/chat/ to chat from a mobile device from anywhere in the world or call **800-342-9647**. Visit militaryonesource.mil/international-calling-options for additional OCONUS calling options.

5 GET SUPPORT DURING TRANSITIONS
pdhealth.mil/resources/intransition

Are you facing an upcoming change in status, new orders, relocation or a return to civilian life? Finding a new psychological health care provider during these periods of transition can be easier than you think.

The inTransition program provides one-on-one mental health coaching and support. You will be assigned a telephonic, personal coach who can connect you with a new provider, help with appointments, and empower you with tools to continue making healthy life choices.

For inTransition coaching and tools:

800-424-7877 (toll-free inside the U.S.)
800-424-4685 (DSN, toll-free outside the U.S.)
314-387-4700 (OCONUS)

pdhealth.mil/resources/intransition

6 GET HELP FROM THE MILITARY CRISIS LINE
800-273-8255 and press 1

The Military Crisis Line connects service members and military families in crisis with confidential support 24/7. If you or someone you know is in crisis, call the Military Crisis Line at **800-273-8255** and **press 1**, chat online by visiting militarycrisisline.net or send a text message to **838255** for immediate help.

Visit realwarriors.net/247-resources for additional resources offering 24/7 support.

7 BECOME A CAMPAIGN ADVOCATE
realwarriors.net/advocate

Join the Real Warriors Campaign in our work to reduce barriers to seeking psychological health care and spread the message that reaching out is a sign of strength. Visit realwarriors.net/advocate to learn how to become a campaign advocate.

Sign up for the monthly Real Warriors Campaign email update at realwarriors.net to stay up to date on the campaign's latest tools and resources.

