



FOR PROVIDERS

5 TOOLS

TO SUPPORT SERVICE MEMBERS AND VETERANS

As a health care provider caring for service members and veterans, you are committed to supporting their medical care and psychological health. Use the Real Warriors Campaign tools and resources to assist you as you care for these warriors and to help them learn more about psychological health concerns.

Educational Materials

realwarriors.net/materials

Display campaign materials in your office and waiting room to increase awareness and use of available psychological health resources. Materials include:

- “5 Questions to Ask Your Psychological Health Provider” trifold – Provides tips and example questions to help service members better prepare for their first appointment and start discussions with a health care provider.
- “Know the Facts” booklet – Tests warriors’ knowledge on psychological health concerns through true and false questions, myths and a warning signs checklist. This helps them keep their minds fit and stay mission ready.

Order online for free or download materials from the Real Warriors Campaign website.

Video Podcasts

youtube.com/user/realwarriorscampaign

Encourage warriors to watch campaign video podcasts in between appointments to help them better understand their concerns or symptoms. Select the “Real Warriors Podcasts” playlist to view short videos including:

- “Five Tips for Better Sleep”
- “Depression: Know the Signs and Options for Care”

Psychological Health Resource Center

realwarriors.net/livechat

In between appointments, encourage warriors to contact the Psychological Health Resource Center (PHRC). This resource, a part of the Psychological Health Center of Excellence (PHCoE), provides 24/7 access to free and confidential support from trained consultants who are ready to talk, listen, answer questions about invisible wounds and direct users to resources in their area.

They can call 866-966-1020, email resources@phcoe.org or use the Real Warriors

Live Chat (realwarriors.net/livechat), which is accessible CONUS or OCONUS.

Campaign Articles

realwarriors.net

Share and recommend campaign articles that provide practical tools, tips and resources for warriors and their loved ones coping with and seeking care for invisible wounds. Topics include:

- **Transitions** such as preparing for a deployment or separation
- Signs and symptoms of psychological health concerns including **Depression & Suicide**
- Tips and treatment options to maximize **Sleep**

Video Profiles

realwarriors.net/personal-stories

Play campaign videos of service members and veterans who tell their story of reaching out for psychological health care and support with successful outcomes. These Real Warriors are proving through example that reaching out is a sign of strength that benefits the entire military community.

**24/7
VIRTUAL
RESOURCES**

Military Crisis Line

Provides free and confidential support 24/7 for those in crisis. Call **800-273-8255** and press **1**, send a text message to **838255**, or chat online at militarycrisisline.net/chat.

TRICARE Nurse Advice Line

Provides free, 24/7 health care advice, including answers to urgent questions and help finding a doctor. Call **800-874-2273**, press **1**.

For web chat, video chat and OCONUS access numbers, visit mhsnurseadvice.com.

For additional resources, visit realwarriors.net/247-resources

**REAL WARRIORS★REAL BATTLES
REAL STRENGTH**

The Real Warriors Campaign is a multimedia public awareness initiative designed to encourage help-seeking behavior among service members, veterans and military families coping with invisible wounds. Launched by the Psychological Health Center of Excellence (PHCoE) in 2009, the initiative is an integral part of the Defense Department's overall effort to encourage warriors and families to seek appropriate care and support for psychological health concerns.

MHS Military Health System
health.mil