

REAL WARRIORS NEED THEIR OWN HEROES

I CAN

I WILL

*(How will you support a service member in your life? Use this space to pledge support with a note of encouragement, photo collage or drawings.)*

...for my \_\_\_\_\_ in uniform.



**CALL/CHAT**

with a health resource consultant 24/7 for assistance accessing at 866-966-1020 or [realwarriors.net/livechat](http://realwarriors.net/livechat)

**CALL/TEXT/CHAT**

if you or someone you know is in crisis at 800-273-8255 (press 1), text 838255 or [militarycrisisline.net/chat](http://militarycrisisline.net/chat)

**JOIN**

the Real Warriors social media community and share your messages of support:

 [facebook.com/realwarriors](https://facebook.com/realwarriors)  
 [twitter.com/realwarriors](https://twitter.com/realwarriors)

REAL WARRIORS ★ REAL BATTLES  
**REAL STRENGTH**

 Military Health System  
[health.mil](http://health.mil)