


ONE IN FIVE



**More than one in five active duty service members
show signs of a psychological health concern.
Getting help keeps you mission ready.**

REACH OUT TODAY:

If you or someone you know is struggling to cope, call the
Psychological Health Resource Center at 866-966-1020.

REAL WARRIORS * REAL BATTLES
REAL STRENGTH
realwarriors.net

MHS Military Health System
health.mil