

NOT FEELING LIKE YOURSELF?

REACH OUT. STAY MISSION READY.

Military Life is Hard On Your Mind And Body

Even pain or trouble sleeping can hurt mission readiness. Talk to your health care provider if you feel unusually:

- Tired
- Stressed
- Angry
- Sad
- Forgetful
- Worried
- Pained
- Hopeless



Psychological Health Resource Center

Call/Chat with a health resource consultant 24/7 at 866-966-1020 or visit health.mil/PHRC and click "Live Chat."

REAL WARRIORS ★ REAL BATTLES
REAL STRENGTH

health.mil/RealWarriors

Military Crisis Line

Call 988 and press 1 or text 838255. To chat or find overseas help visit militarycrisisline.net/.

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