

# Reaching Out Made Me **STRONGER**

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Reaching out for care after my sexual assault made me the strong woman and mother I am today.

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**Air Force Staff Sgt.  
Brittany Johnson**  
Sexual Assault Survivor



For Johnson's full story of strength and recovery visit [www.health.mil/RealWarriors](http://www.health.mil/RealWarriors)

**Psychological Health Resource Center**  
Call/chat with a health resource consultant  
24/7 at 866-966-1020 or visit  
[www.health.mil/PHRC](http://www.health.mil/PHRC) and click "Live Chat"

**Safe Helpline**  
Call 877-995-5247 or visit  
[safehelpline.org](http://safehelpline.org) for 24/7  
resources and support

**DOD SAPRO**  
Visit [sapr.mil](http://sapr.mil) for victim assistance  
from the Sexual Assault Prevention  
and Response Office

**REAL WARRIORS ★ REAL BATTLES**  
**REAL STRENGTH**  
[health.mil/RealWarriors](http://health.mil/RealWarriors)