

I CAN

I WILL

BE THERE FOR MY FELLOW SERVICE MEMBERS

You don't have to go it alone.
REACHING OUT IS A SIGN OF STRENGTH.

 **CALL/CHAT** with a health resource consultant 24/7 for assistance at 866-966-1020 or health.mil/PHRC and click "Live Chat."

 **CALL/TEXT/CHAT** if you or someone you know is in a crisis, in the U.S., dial 988 then press 1 or text 838255. For OCONUS calling options and online chat accessible from anywhere in the world, visit militarycrisisline.net.

 **JOIN** the social media community:

 @realwarriors
 @realwarriors
 @realwarriorscampaign

 **VISIT** health.mil/realwarriors to hear from real warriors who have successfully reached out for care and learn how you can stay mission ready.

REAL WARRIORS ★ REAL BATTLES
REAL STRENGTH