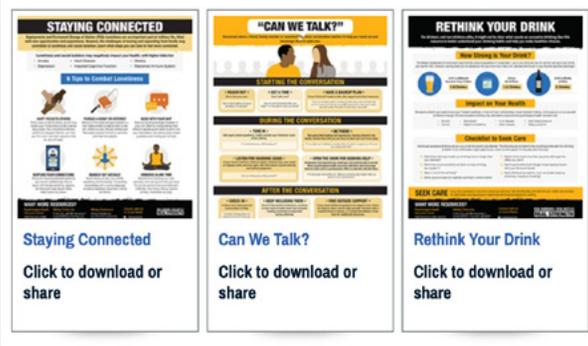


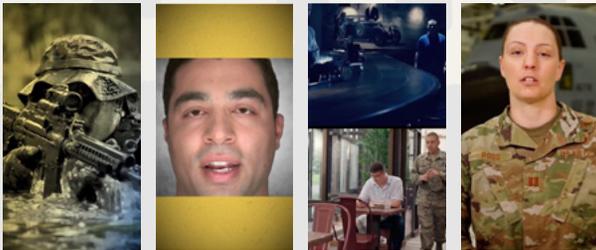
Free Educational Information and Tools:

We provide current, empirically supported educational materials to address a variety of mental health concerns. Mental health concerns may range from difficulties with the stress of military life or problems with relationships, to symptoms of depression, anxiety, suicidal ideation, alcohol misuse, or PTSD. Health care professionals can give these materials to service members after an appointment and display them in their facilities. To access these free materials and our “ready to use” Digital Content Toolkit, visit our website: health.mil/RealWarriors



Real Warriors Campaign Videos

These Real Warriors are proving through example — reaching out is a sign of strength that benefits the entire military community. Encourage warriors to watch campaign videos to help them better understand their concerns or symptoms.



How can I get involved with the Real Warriors Campaign?

1. Link the campaign on your website or blog.
2. Download free [materials](#) to distribute at events or display at your facility.
3. Use videos in trainings, briefings, and presentations to service members, veterans, and families.
4. Follow us on [Facebook](#), X ([Twitter](#)), and [Instagram](#).
5. Share and repost campaign content on your social media channels.
6. Embed or run a [video](#) on your website, closed circuit television, or TV station.
7. Include a print feature [article](#) or website article in your newspaper or publication.
8. Become a campaign advocate and help reduce stigma and spread the message that reaching out is a sign of strength.

Connect with us:

health.mil/RealWarriors

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INFO KIT



REAL WARRIORS ★ REAL BATTLES
REAL STRENGTH



“ Mental health is health—period. We must do more, at every level, to end the stigma against getting help. We all need counsel, community, and connection.”
– Lloyd J. Austin, III
Secretary of Defense

What is the Real Warriors Campaign (RWC)?

The Department of Defense’s Real Warriors Campaign is a public health campaign established in 2009 designed to decrease stigma, increase psychological health literacy, and open doors to access care by encouraging service members, veterans, and their families to seek psychological health support. The DOD expanded the RWC in 2023, through collaboration between the Psychological Health Center of Excellence and Defense Suicide Prevention Office, to augment suicide prevention initiatives.

Who are Real Warriors?

Real Warriors prioritize psychological fitness as much as physical fitness. Real Warriors know that the stressors of military life can impact their mental health. Real Warriors know reaching out for help is a sign of strength.

Our Goals:

1. Promote psychological health literacy of military members, military families, and the Department of Defense

Increase awareness of the impact of mental health stigma on help seeking behavior, suicide risk, and mental wellbeing

2. Foster psychological health

Help seeking is a sign of strength and use of evidence-based practices

3. Foster a climate of connectedness and belongingness

Reduce loneliness, ostracism, and social isolation

4. Empower behavior change

Increase help-seeking and reduce suicide behaviors



Our Mission:

To reduce the stigma associated with mental health, amplify suicide prevention efforts, and support military community psychological health and readiness. The campaign prioritizes early help seeking in the military community, encourages access to mental health care, destigmatizes mental health, and increases knowledge and understanding of mental health information.

Who do we serve?

Our focus is on providing service members, veterans, and their families with mental health knowledge and free resources, to include online articles, print materials, videos, and links to military information and services.

Where can I get help if I’m experiencing a mental health crisis?

Call or text the 988 Suicide & Crisis Lifeline. It provides 24/7, free and confidential support and crisis resources for anyone in distress including you or your loved ones. For the Military/Veterans Crisis Line, dial 988 and press 1 or text 838255.

To get help from the Military/Veterans Crisis Line outside the continental U.S. call:

- Europe: 844-702-5495 or DSN 988
- Pacific: 844-702-5493 or DSN 988
- Southwest Asia: 855-422-7719 or DSN 988