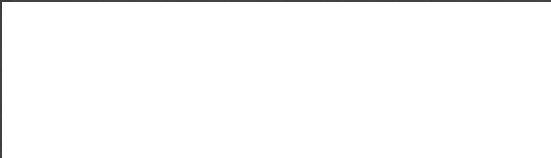


MISSION READY PLEDGE

I pledge to be there for my brothers and sisters in uniform. I will:

1. **Learn** about psychological health at realwarriors.net
2. **Watch** for warning signs in myself and others
3. **Reach out** for help to stay mission ready



SIGN HERE



**I STAND BY MY BROTHERS
AND SISTERS IN UNIFORM**

REAL WARRIORS ★ REAL BATTLES

REAL STRENGTH

Learn. Watch. Reach out. If you see warning signs that you or someone you know is struggling, use this card to connect with resources and confidential help.

Psychological Health Resource Center (24/7)

☎ 866-966-1020

🌐 realwarriors.net/livechat

Military Crisis Line (24/7)

☎ 800-273-8255

🌐 militarycrisisline.net/chat

REAL WARRIORS ★ REAL BATTLES

REAL STRENGTH

realwarriors.net



Military Health System
health.mil