# FAR FROM HOME BUT NOT ALONE

## 5 SUPPORT RESOURCES YOU CAN ACCESS OVERSEAS

Confidential help for military life challenges and psychological health concerns is just a call or click away – even when you're stationed OCONUS. The free resources below are available for service members or their families 24/7 from any location.

#### **Real Warriors Live Chat**



For questions or help locating resources related to psychological health concerns, treatment options and more:

Visit <a href="health.mil/PHRC">health.mil/PHRC</a> and click "Live Chat" to speak with a trained health resource consultant at the Psychological Health Resource Center from your desktop or mobile device for assistance accessing care

Visit <u>health.mil/RealWarriors</u> for more information and resources on health topics such as stress and anxiety, anger and transitions

#### inTransition



For assistance accessing psychological health care when changing duty stations, returning from deployment or facing other military transitions regardless of discharge status:

Call 800-424-4685

Visit <u>health.mil/inTransition</u> to learn more about the program and enrollment

## Military Crisis Line



For support during a crisis, including thoughts of suicide:

In Europe, call 00800 1273 8255 or DSN 11

In Korea, call 080 855 5118 or DSN 118

In Afghanistan, call 00 1 800 273 8255 or DSN 111

In the Philippines dial #MYVA or 02-8550-3888 and press 7

From other locations, visit <a href="https://www.veteranscrisisline.net/get-help-now/chat/">https://www.veteranscrisisline.net/get-help-now/chat/</a> from your desktop or mobile device to chat online with a responder

## **DOD Safe Helpline**



For support, resources and information after surviving a sexual assault:

Call 877-955-524

Visit <u>safehelpline.org</u> to chat with a responder or to search for resources specific to your location

# Military OneSource



For non-medical counseling and help navigating military life challenges: Call 800-342-9647 or 703-253-7599

Visit <u>militaryonesource.mil/international-calling-options</u> for location-specific dialing instruction

www.health.mil/RealWarriors



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REAL STRENGTH