

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 health.mil/PHRC 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 health.mil/RealWarriors 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 health.mil/inTransition 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 <https://www.veteranscrisisline.net/get-help-now/chat/> 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 **877-955-5247**

Visit safehelpline.org 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 militaryonesource.mil/international-calling-options for location-specific dialing instruction