



REAL WARRIORS ★ REAL BATTLES
REAL STRENGTH


REACHING OUT IS A SIGN OF
STRENGTH


www.health.mil/RealWarriors

866-966-1020



Psychological health concerns?

Contact the Psychological Health Resource Center to be connected with helpful resources.

 866-966-1020

 www.health.mil/PHRC
and click “Live Chat”

 health.mil/RealWarriors

  @realwarriors

 @realwarriorscampaign

Want to share your story or learn more about the campaign? Email [**DHA.RealWarriors@health.mil**](mailto:DHA.RealWarriors@health.mil)

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