

MISSION READY PLEDGE

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

1. **Learn** about psychological health at health.mil/RealWarriors
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

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

Military Crisis Line (24/7)

☎ 988 then press 1
or text 838255

🌐 militarycrisisline.net

Chat and OCONUS calling options

REAL WARRIORS ★ REAL BATTLES

REAL STRENGTH

health.mil/RealWarriors



Military Health System
health.mil

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