



FOR PROVIDERS

5 TOOLS

TO SUPPORT SERVICE MEMBERS AND VETERANS

As a health care provider caring for service members and veterans, you are committed to supporting their medical care and psychological health. Use the Real Warriors Campaign tools and resources to help you care for these warriors and to help them learn more about psychological health concerns.

1 Real Warriors Articles

Share and recommend campaign articles that provide practical tools, tips and resources for warriors and their loved ones coping with and seeking care for invisible wounds. Topics include:

- **Transitions** such as preparing for a deployment or separation
- Signs and symptoms of psychological health concerns including [depression](#) and [suicide prevention](#)
- Tips and treatment options to maximize [sleep](#)

2 Real Warriors Videos

Play campaign videos of service members and veterans who tell their story of reaching out for psychological health care and support. These Real Warriors are proving by example — reaching out is a sign of strength that benefits the entire military community. Encourage warriors to watch videos between appointments to help them better understand their concerns or symptoms.

3 Digital Content Toolkit

These “ready to use” materials can be used on social media channels, websites, and other digital outreach products. You can also print the infographics to display in your office.

- **Do’s and Don’ts for Communicating about Psychological Health** – A positive narrative about mental health can promote safety, reshape negative beliefs, and encourage reaching out for help.
- **Staying Connected** – Transitions are an important part of military life. However, the challenges of moving and separating from family may contribute to loneliness and social isolation. Warriors can learn ways to optimize social relationships and combat loneliness.
- **Managing Anger** – Whether at home or at work, these are tips warriors can use to manage strong feelings of anger and communicate more effectively.

Download free products from the Real Warriors Campaign [website](#).

4 Psychological Health Resource Center

health.mil/phrc

In between appointments, encourage warriors to contact the Psychological Health Resource Center (PHRC). The PHRC provides 24/7 access to free and confidential support from trained consultants who are ready to talk, listen, answer questions about invisible wounds and direct users to resources in their area.

They can call 866-966-1020, email dha.ncr.j-9.mbx.intransition@health.mil or use the live chat (health.mil/phrc and click “Live Chat”), which is accessible CONUS or OCONUS.

5 inTransition

health.mil/inTransition

inTransition offers specialized coaching and assistance for active duty service members, National Guard members, reservists, veterans, and retirees to help callers with their mental health care as they transition between health care systems.

24/7 VIRTUAL RESOURCES

Military Crisis Line

Provides free and confidential support 24/7 for those in crisis. In the U.S., dial **988** then press **1** or text **838255**. For OCONUS calling options and online chat accessible from anywhere in the world, visit militarycrisisline.net/.

MHS Nurse Advice Line

Provides free, 24/7 health care advice to TRICARE beneficiaries, including answers to urgent questions and help finding a doctor. Call **800-874-2273**, press **1**.

For web chat, video chat and OCONUS access numbers, visit mhsnurseadvice.com/home.

For additional resources, visit Health.mil/RealWarriors and click “Seek.”

REAL WARRIORS★REAL BATTLES
REAL STRENGTH

The Real Warriors Campaign is a multimedia public awareness initiative designed to encourage help-seeking behavior among service members, veterans, and military families coping with invisible wounds. Launched by the Psychological Health Center of Excellence (PHCoE) in 2009, the initiative is an integral part of the Defense Department’s overall effort to encourage warriors and families to seek appropriate care and support for psychological health concerns.

@realwarriors
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