

# 7 TOOLS TO REINFORCE MILITARY FAMILY READINESS



REAL WARRIORS ★ REAL BATTLES  
**REAL STRENGTH**

“

*The military does not make you sacrifice your family. We must sacrifice to be in the military, but we are not made to sacrifice our families.*

”

– Army Lt. Gen. Telita Crosland,  
Director of the Defense Health Agency

**The Real Warriors Campaign  
understands the unique challenges  
military families face.**

Use the resources in this brochure to manage common military stressors like deployments or military duties away from home, frequent relocations and psychological health concerns.

# 1

## LEARN ABOUT BUILDING FAMILY READINESS

[Health.mil/RealWarriorsResources](http://Health.mil/RealWarriorsResources)

The Real Warriors Campaign website features articles and materials to help military families stay strong throughout all phases of military life. Know what to expect during reunions and goodbyes, how to identify adjustment challenges and when to ask for help and support.

*“ The Real Warriors Campaign, for me, has been a great resource that I pass along to other military spouses, friends and anyone I know that is in contact with a service member. I let them know about the website and other resources. It has been a great way for us to tell our story and hear about the stories of other great warriors. I always reinforce that you are not alone.”*

– Mrs. Sheri Hall, RWC volunteer and Army wife

# 2

## CONTACT THE PSYCHOLOGICAL HEALTH RESOURCE CENTER

866-966-1020 or [Health.mil/PHRC](http://Health.mil/PHRC)

Reaching out for help is a sign of strength. Military families, friends, supporters and service members themselves can always contact trained health resource consultants at the Psychological Health Resource Center by phone or online — visit [Health.mil/PHRC](http://Health.mil/PHRC) and click “Chat.”

Consultants are available 24/7, in English or Spanish, to provide confidential guidance, answer questions and help find resources for service members and military families.



# 3

## HEAR FROM REAL WARRIORS AND MILITARY FAMILIES

[Health.mil/RealWarriorsVideos](http://Health.mil/RealWarriorsVideos)

Watch videos of service members and their families who share their experiences reintegrating with loved ones after deployment. Remember to check [Health.mil/RealWarriorsVideos](http://Health.mil/RealWarriorsVideos) frequently for videos of warriors who have sought and received care and to hear from those who have supported them.



# REACHING OUT IS A SIGN OF STRENGTH

**Military families are not alone.**

**For additional support:**

Call the MHS Nurse Advice Line at **800-874-2273** to be connected with a registered nurse 24/7.

Locate your local military hospital or clinic at [tricare.mil/MTF](http://tricare.mil/MTF).

Visit [Health.mil/RealWarriorsSeek](http://Health.mil/RealWarriorsSeek) for additional support or to find a chaplain near you.

If you are in crisis or need immediate help, reach out to the Military/Veterans Crisis Line, dial **988** and press **1** or text **838255**.



## 4 GET HELP FROM THE MILITARY/VETERANS CRISIS LINE

Dial 988 and press 1

The Military/Veterans Crisis Line connects service members and military families in crisis with confidential support 24/7. Those in need can access the Military/Veterans Crisis Line: dial **988** and press **1**, text **838255** or visit [militarycrisisline.net](http://militarycrisisline.net) to chat online. OCONUS options are available.

Family members and loved ones are often the first to realize a service member may be in crisis and needs support. Responders are specially trained to help families and friends make sure their loved ones get connected to care. For more information, visit [militarycrisisline.net](http://militarycrisisline.net).



## 5 HELP YOUR CHILDREN NAVIGATE MILITARY LIFE

[militaryonesource.mil](http://militaryonesource.mil)

The stresses of military life, like moves and military separations, can be especially hard on kids. Preparing them for daily challenges and big transitions can help your entire family stay strong.

For activities, resources and information on helping military kids cope, visit Military OneSource at [militaryonesource.mil/parenting/family-life](http://militaryonesource.mil/parenting/family-life). There, you will find resources to keep your military strong.

## 6 GET YOUR WARRIOR SUPPORT DURING TRANSITIONS

[Health.mil/inTransition](http://Health.mil/inTransition)

Are you or your warrior looking at an upcoming change in status, new orders, relocation or a return to civilian life? If the answer is yes, and your service member is currently receiving psychological health care, transferring to a new provider can be easier than you think.

The Defense Department's inTransition program pairs service members with a personal coach to provide one-on-one support and help in finding a new provider. The program can also link your family to local support groups.

For inTransition coaching and tools:

**800-424-7877** (toll-free inside the U.S.)  
**800-748-8111** (OCONUS in Australia, Germany, Italy, Japan, and South Korea only)  
[Health.mil/inTransition](http://Health.mil/inTransition)

## 7 BECOME A CAMPAIGN ADVOCATE

[Health.mil/RealWarriorsToolkit](http://Health.mil/RealWarriorsToolkit)

Join the Real Warriors Campaign in our work to reduce stigma and spread the message that reaching out is a sign of strength. Visit

[Health.mil/RealWarriorsToolkit](http://Health.mil/RealWarriorsToolkit) for "ready to use" materials that you can share on your social media or website.

Stay up to date on the latest by signing up for the monthly Real Warriors Campaign email update at [Health.mil/RealWarriors](http://Health.mil/RealWarriors) (or scan the QR code below).

Engage with the Real Warriors Campaign community on social media:

X @realwarriors

f @realwarriors

o @realwarriorscampaign

EMAIL UPDATES



To download additional resources visit  
[Health.mil/RealWarriorsToolkit](http://Health.mil/RealWarriorsToolkit)