

MILITARY LIFE IS REWARDING  
BUT ISN'T ALWAYS EASY **NO EXCUSES**  
STRIVE FOR PROGRESS, NOT PERFECTION  
NEVER FORGET IT **STAY CONNECTED TO  
FRIENDS AND FAMILY**

**#REALSTRENGTH**



I GOT THIS REACHING OUT IS A  
SIGN OF STRENGTH  
GET UP AND TRY AGAIN  
CHOOSE STRENGTH OVER FEAR  
SEE TREATMENT WORKS  
BELIEVE I CAN, I WILL MOTIVATE OTHERS  
ROUNDTABOUT FIRST STEP

**I GOT THIS.**

REAL WARRIORS • REAL BATTLES  
**REAL STRENGTH**

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

 **CALL / CHAT**

Psychological Health Resource Center  
Call/chat with a health resource consultant 24/7  
for assistance accessing care at 866-966-1020  
or [health.mil/PHRC](http://health.mil/PHRC) and click "Live Chat"

 **CALL / TEXT / CHAT**

Military Crisis Line  
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](http://militarycrisisline.net)

 **JOIN**

Social media community  
[facebook.com/realwarriors](http://facebook.com/realwarriors)  
[instagram.com/realwarriorscampaign](http://instagram.com/realwarriorscampaign)