

TAKE THE FIRST STEP

Managing the stress of military life can affect the toughest warrior and you don't have to go it alone.
Keeping your mind and body fit can lead to a happier and healthier life.



TALK WITH SOMEONE IN PERSON

THE MILITARY HEALTH SYSTEM HAS
600+ CLINICS TO PROVIDE CARE
TO SERVICE MEMBERS

REACH OUT TO SOMEONE AT A MILITARY TREATMENT FACILITY

Primary Care Manager
Internal Mental Health Consultant
Recovery Coordination Program
Department of Mental Health
Mental Health Clinic
Alcohol and Substance Abuse Program
Family Advocacy Program

CONNECT AT AN INSTALLATION

Military Family Life Counselors
Family Readiness System
Chaplains

TALK WITH

Family
Friends
Peers
Leadership

GET 24/7 ASSISTANCE



CALL/TEXT/CHAT if you or someone you know is in a crisis at **988**, press **1**, text **838255** or <https://www.veteranscrisisline.net/get-help-now/chat/>



CALL the Tricare Nurse Advice Line for health advice and to help you find a doctor at **800-874-2273**, press **1**

1 in 4

service members reported using any mental health services in the past year



THE PSYCHOLOGICAL
HEALTH RESOURCE
CENTER IS AVAILABLE

24/7

BY PHONE AND CHAT

Call/chat with a health resource consultant
866-966-1020
or visit health.mil/PHRC
and click Live Chat



THE TOP STRESSORS

RELATED TO THE MILITARY LIFESTYLE ARE DEPLOYMENT OR SEPARATION, FINANCIAL, EMPLOYMENT OR WORK, AND ISOLATION FROM FAMILY



LEARN MORE ONLINE

REAL WARRIORS CAMPAIGN
health.mil/RealWarriors

INTRANSITION
health.mil/intransition

DEPARTMENT OF VETERANS AFFAIRS
mentalhealth.va.gov



Seeking care early can decrease your likelihood of developing a more serious psychological health concern and can lead to positive outcomes

REAL WARRIORS + REAL BATTLES
REAL STRENGTH

For sources visit health.mil/RealWarriorsSources

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