

# 7 TOOLS

TO HELP KEEP ACTIVE  
DUTY SERVICE MEMBERS  
MISSION READY

REAL WARRIORS ★ REAL BATTLES  
**REAL STRENGTH**



The Real Warriors Campaign understands the unique challenges that active duty service members face. Use the free resources highlighted in this brochure to stay mission ready and build psychological strength before, during, or after deployment.



## 1 LEARN ABOUT USEFUL RESOURCES AND INFORMATION

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

Visit the Real Warriors Campaign website to read articles that can help address the unique challenges of life in uniform. Topics include treatment options for sleep conditions, depression and other psychological health concerns, reintegrating into family life after deployment, and maintaining mission readiness.

## 2 HEAR FROM REAL WARRIORS

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

Watch empowering videos of service members who had the courage to seek care for their psychological health concerns, while maintaining military careers. Visit [health.mil/RealWarriorsVideos](http://health.mil/RealWarriorsVideos) to hear from warriors who sought treatment with positive outcomes, including maintaining their security clearance, and learning new coping skills that helped them return to peak performance.



## 3 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. Service members can always contact trained health resource consultants at the Psychological Health Resource Center (PHRC) for assistance accessing care.

Consultants are available 24/7, in English and Spanish, to provide confidential guidance, answer questions and help find local resources. Consultants are available by phone from anywhere in the U.S. or via live chat at [health.mil/PHRC](http://health.mil/PHRC) and click "Live Chat" from anywhere in the world.



# REACHING OUT IS A SIGN OF STRENGTH

## Military families are not alone.

**Talk** confidentially to a trained health resource consultant 24/7, for free by visiting [health.mil/PHRC](https://health.mil/PHRC) (click "Live Chat") or calling **866-966-1020**.

**Call** the 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](https://militarycrisisline.net).

**Connect** with a peer in the military community by requesting a confidential peer-to-peer specialty consultation from Military OneSource at **800-342-9647**.

**Engage** with the Real Warriors Campaign community on social media:

📷 @realwarriorscampaign  
📘 @realwarriors

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**4** ACCESS CONFIDENTIAL  
SUPPORT FROM  
MILITARY ONESOURCE  
[militaryonesource.mil](https://militaryonesource.mil)  
or 800-342-9647

Military OneSource provides free and confidential non-medical counseling for service members and their immediate family. Counselors can help you navigate a variety of military life challenges like managing stress, addressing marital conflicts, coping with grief, and more.

Counseling services are available 24/7. Visit [militaryonesource.mil](https://militaryonesource.mil) to chat from a mobile device from anywhere in the world or call **800-342-9647**. Visit [militaryonesource.mil/international-calling-options](https://militaryonesource.mil/international-calling-options) for additional OCONUS calling options.

**5** GET SUPPORT DURING  
TRANSITIONS  
[health.mil/inTransition](https://health.mil/inTransition)

Are you facing an upcoming change in status, new orders, relocation or a return to civilian life? Finding psychological health resources during these periods of transition can be easier than you think.

The inTransition program provides one-on-one mental health coaching and support. Over the phone, a personal coach can connect you with a new provider, help with appointments, and empower you with tools to continue making healthy life choices.

For inTransition coaching and tools:

800-424-7877 (toll-free inside the U.S.)  
800-748-8111 (OCONUS)

[health.mil/inTransition](https://health.mil/inTransition)

**6** GET HELP FROM THE  
MILITARY CRISIS LINE  
988 then press 1

The Military Crisis Line connects service members and military families in crisis with confidential support 24/7. If you or someone you know is 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](https://militarycrisisline.net).

Visit [health.mil/RealWarriors](https://health.mil/RealWarriors) for additional resources.

**7** BECOME A CAMPAIGN  
ADVOCATE  
[health.mil/RealWarriors](https://health.mil/RealWarriors)

Join the Real Warriors Campaign in our work to reduce barriers to seeking psychological health care and spread the message that reaching out is a sign of strength. Visit [health.mil/RealWarriors](https://health.mil/RealWarriors) to learn how to become a campaign advocate.

Sign up for the monthly Real Warriors Campaign email update at [health.mil/PHCoESubscribe](https://health.mil/PHCoESubscribe) to stay up to date on the campaign's latest tools and resources.

