

# 7 TOOLS

TO REINFORCE  
PSYCHOLOGICAL HEALTH  
FOR VETERANS



REAL WARRIORS ★ REAL BATTLES  
**REAL STRENGTH**

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*During the transition to civilian life, service members and their families face new milestones and life changes. As a military family establishes a new foundation, the realities of finding a new job, adjusting to a new cultural climate, and changes in military pay and benefits can be challenging.*

— General Joseph L. Lengyel, U.S. Air Force, Chief, National Guard Bureau

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The Real Warriors Campaign encourages help-seeking behavior among all members of the military community coping with psychological health concerns, including veterans. **Learn about available tools to support veterans' psychological health, whether navigating the transition from military service to civilian life or other life challenges.**

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## LEARN ABOUT USEFUL RESOURCES AND INFORMATION

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

Visit the Real Warriors Campaign website to find articles and resources that can help address the unique challenges of civilian life after transitioning out of uniform. Topics include translating military experience into civilian employment, transitioning back to school, accessing care through the Department of Veterans Affairs, and more.



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## HEAR FROM REAL WARRIORS AND THEIR FAMILIES

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

Watch inspiring videos of service members and veterans who had the courage to seek care for their psychological health concerns while maintaining fulfilling careers and personal lives both in and out of uniform. Remember to check [health.mil/RealWarriorsVideos](http://health.mil/RealWarriorsVideos) for new videos of warriors who have sought and received care.



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## TAKE A SELF-CHECK QUIZ

[vetselfcheck.org](http://vetselfcheck.org)

Take a quick, confidential quiz offered through the Veterans Crisis Line to better understand your psychological health concerns, recognize when it may be time to seek professional help, and learn about Department of Veterans Affairs (VA) or community-based services. A VA Chat Responder will review your quiz and offer a personal response directly through the website, without asking for your name or other information that identifies you. Consultants are available 24/7 from anywhere in the U.S. and via live chat at [veteranscrisisline.net](http://veteranscrisisline.net).

# REACHING OUT IS A SIGN OF STRENGTH

## Veterans are not alone.

**Talk** to a trained health resource consultant 24/7: Call the Psychological Health Resource Center at **866-966-1020**.

**Visit** [vetcenter.va.gov](https://vetcenter.va.gov) to locate the nearest Vet Center.

**Get confidential support** 24/7 from the Veterans Crisis Line by calling **988** (press **1**) or texting **838255**. Chat or find overseas help by visiting [veteranscrisisline.net](https://veteranscrisisline.net).

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

📷 @realwarriorscampaign  
📘 @realwarriors

UPDATED OCTOBER 2025

## 4 LOCATE SUPPORT RESOURCES

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

Connect with organizations that help veterans and the military community learn more about health concerns and identify options for care, including:

**InTransition**, ([health.mil/inTransition](https://health.mil/inTransition)) offers specialized coaching and assistance for veterans as well as active duty, National Guard and Reserve service members when establishing or transitioning their psychological health care.

For inTransition coaching and tools:  
800-424-7877 (toll-free inside the U.S.)  
800-748-8111 (OCONUS)

**Coaching Into Care**, ([mirecc.va.gov/coaching](https://mirecc.va.gov/coaching)) provides confidential coaching services to family and friends of a veteran who may need care. Services include information about treatment options and ways to support a veteran in their decision to get help.

Visit [health.mil/RealWarriorsSeek](https://health.mil/RealWarriorsSeek) for additional resources offering 24/7 support.

## 5 CONTACT THE PSYCHOLOGICAL HEALTH RESOURCE CENTER

866-966-1020 or [health.mil/PHRC](https://health.mil/PHRC)  
and click “Live Chat”

Reaching out for help is a sign of strength. Veterans who aren’t located near a VA medical center or Vet Center can always call a trained health resource consultant at the Psychological Health Resource Center for assistance accessing care.

Consultants are available via phone or live chat from a desktop or mobile device 24/7. They can provide confidential guidance, answer questions and find resources for the entire military community including veterans and their families. Spanish-speaking consultants are also available.

## 6 LOCATE A VET CENTER IN YOUR AREA

[vetcenter.va.gov](https://vetcenter.va.gov)

Access free and confidential readjustment counseling and referral services through your local Vet Center. These community-based counseling centers serve veterans and active duty service members (including those in the National Guard and Reserve), who have served in combat theater or an area of hostility, experienced military sexual trauma or other qualifying events.

Visit [vetcenter.va.gov](https://vetcenter.va.gov) to learn more and find a Vet Center near you.



## 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/RealWarriors](https://health.mil/RealWarriors) to stay up to date on the campaign’s latest tools and resources.

