

REAL WARRIORS NEED THEIR OWN HEROES

I CAN

I WILL

(How will you support a service member in your life? Use this space to pledge support with a note of encouragement, photo collage, or drawings.)

...for my _____ in uniform.



CALL/CHAT

with a health resource consultant
24/7 for assistance accessing at
866-966-1020 or visit health.mil/PHRC
and click "Live Chat"

CALL/TEXT/CHAT

if you or someone you know is in crisis dial
988 then press 1 or text 838255 (in the U.S.).
For OCONUS calling options and online chat
accessible from anywhere in the world, visit
militarycrisisline.net.

JOIN

the Real Warriors social media community
and share your messages of support:

@realwarriors
 @realwarriorscampaign

REAL WARRIORS ★ REAL BATTLES
REAL STRENGTH

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