

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