

I CAN

I WILL

BE THERE FOR MY FELLOW SERVICE MEMBERS



You don't have to go it alone.
REACHING OUT IS A SIGN OF STRENGTH.



CALL/CHAT with a health resource consultant 24/7 for assistance accessing at 866-966-1020 or realwarriors.net/livechat



JOIN the social media community:
facebook.com/realwarriors
twitter.com/realwarriors



CALL/TEXT/CHAT if you or someone you know is in a crisis at 800-273-8255 press 1, text 838255 or militarycrisisline.net/chat



VISIT realwarriors.net to hear from real warriors who have successfully reached out for care and learn how you can stay mission ready

REAL WARRIORS ★ REAL BATTLES
REAL STRENGTH

MHS Military Health System
health.mil