7 TOOLS TO REINFORCE MILITARY FAMILY RESILIENCE

Free, confidential resources for military families

REAL WARRIORS ★ REAL BATTLES
REAL STRENGTH

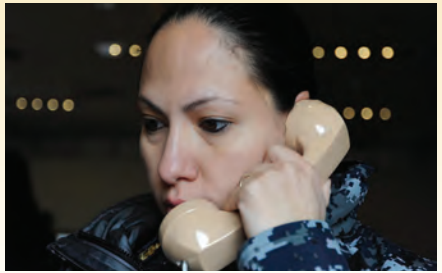
> "Our families are the bedrock of our nation's defense. Family members may not shoulder a weapon or fly combat sorties, but their commitment, support and endurance is a source of great pride and inspiration for us all."
>
> — Army Gen. Martin E. Dempsey, Chairman of the Joint Chiefs of Staff

The Real Warriors Campaign understands the unique challenges military families face. Use the resources in this brochure to manage common military stressors like multiple deployments, frequent relocations and psychological health concerns to help your family members feel more connected.

1 CALL THE DCOE OUTREACH CENTER

866-966-1020

REACHING OUT FOR HELP is a sign of strength. Military families, friends, supporters and service members themselves can always call trained health resource consultants at the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury (DCoE). Consultants are available 24/7 to provide confidential guidance and help find resources for service members and military families.



2 LOG ON TO REAL WARRIORS LIVE CHAT

www.realwarriors.net/livechat

CONNECT INSTANTLY, anywhere in the world, with the DCoE Outreach Center by logging on to www.realwarriors.net/livechat from your computer or smartphone. Trained health resource consultants are available around the clock for all military families, warriors, friends and supporters to provide free, confidential guidance on resources for transitions, supporting your service member, taking care of yourself or helping children cope.

3 HEAR FROM REAL WARRIORS AND MILITARY FAMILIES

www.realwarriors.net/multimedia

WATCH VIDEOS of real service members and their families who share their experiences reintegrating with loved ones after deployment. Remember to check www.realwarriors.net/multimedia frequently for new videos of warriors who have sought and received care, and those who have supported them.

REACHING OUT IS A SIGN OF STRENGTH

Military families are not alone

TALK to a health resource consultant:
Call **866-966-1020** or chat online at
www.realwarriors.net/livechat

CONNECT with other military families:
www.realwarriors.net/forum

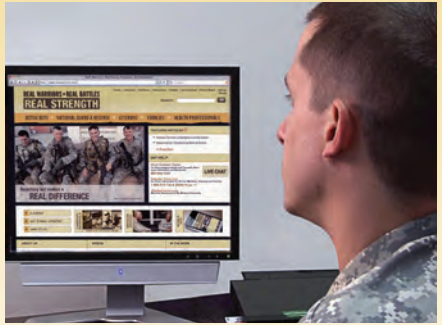
GET SUPPORT from a military family organization near you through a Real Warriors Campaign Partner:
www.realwarriors.net/partner

ENGAGE with the Real Warriors Campaign community in social media:
www.twitter.com/realwarriors
www.facebook.com/realwarriors

To order additional copies visit www.realwarriors.net/materials/order.

4 SHARE YOUR STORY ON OUR MESSAGE BOARDS

www.realwarriors.net/forum



MILITARY LIFE commonly presents families with stressors. Connect with other military families on the campaign's message boards and exchange tips on resources, coping with changes and supporting your loved ones. Show strength by sharing your experiences with others like you.

5 EDUCATE YOURSELF

www.realwarriors.net/family

THE REAL WARRIORS CAMPAIGN website features articles to help military families care for warriors, loved ones and themselves throughout the phases of deployment. Know what to expect during reunions and goodbyes, how to identify adjustment challenges and when to ask for help and support.

"We're strong and we're resilient, but we must never take this for granted. Keeping faith means recognizing the families' - the military families' extraordinary contributions and sacrifices, supporting them in ways they need most and preserving the trust between us."
— Marine Sgt. Maj. Bryan Battaglia, Senior Enlisted Advisor to the Chairman of the Joint Chiefs of Staff

6 GET YOUR WARRIOR SUPPORT DURING TRANSITIONS

www.health.mil/intransition

ARE YOU OR YOUR WARRIOR looking at an upcoming change in status, new orders, relocation or return to civilian life? If the answer is yes, and your service member is currently receiving psychological health care, transferring to a new provider can be easier than you think. Defense Department's *inTransition* Program pairs service members with a personal coach to provide one-on-one motivational support finding a new provider. The program can also link your family to local support groups.

For *inTransition* coaching and tools:

800-424-7877
(toll-free inside the U.S.)
800-424-4685
(DSN, toll-free outside the U.S.)
www.health.mil/intransition

inTransition

7 SEND A REAL WARRIORS ECARD

www.realwarriors.net/ecard

SHOWING SUPPORT for your loved ones can make a real difference. The Real Warriors Campaign offers ecards for every service. Welcome home your warrior or send a personalized message to a family member you care about.