REACHING OUT IS A SIGN OF STRENGTH

You Are Not Alone

TALK to a trained health resource consultant 24/7 for free:
Call **866-966-1020** or log on to
www.realwarriors.net/livechat

CONNECT with other warriors, families and health professionals:
www.realwarriors.net/forum

SPEAK with a personal coach during transitions:
www.health.mil/intransition

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.

5 TOOLS THAT REINFORCE PSYCHOLOGICAL STRENGTH

Use these five free, confidential resources 24 hours a day, seven days a week

REAL WARRIORS ★ REAL BATTLES
REAL STRENGTH

"In traveling to the front lines, in visiting with wounded warriors, I have been inspired by the patriotism and dedication of our service members. Over the past 10 years of war, you have done all that was asked of you — and more. You truly are the next Greatest Generation."

— Secretary of Defense Leon Panetta

The Real Warriors Campaign provides free, confidential resources for accessing care and support to individuals coping with invisible wounds.

1 CALL THE DCOE OUTREACH CENTER

866-966-1020

REACHING OUT FOR HELP is a sign of strength. If you or someone you know has questions or would like more information, don't hesitate to call one of the trained health resource consultants at the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury (DCoE). They understand stress and psychological health concerns and are always ready to talk, listen and provide confidential guidance. So, pick up the phone and call 866-966-1020, 24 hours a day, seven days a week.

2 LOG ON TO REAL WARRIORS LIVE CHAT

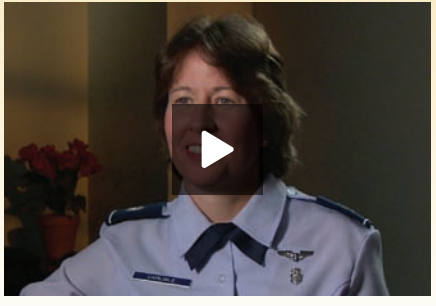
www.realwarriors.net/livechat

WHEREVER YOU ARE in the world, you can connect instantly 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 to provide free, confidential guidance about care and support resources for yourself, a friend or a loved one.

3 WATCH WARRIORS SHARE THEIR STORIES

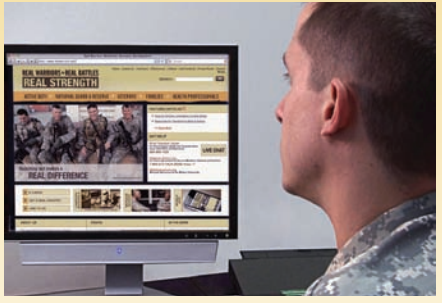
www.realwarriors.net/multimedia

WATCH EMPOWERING VIDEOS of service members who had the courage to seek care for psychological health concerns, and are maintaining military and civilian careers. Remember to check www.realwarriors.net/multimedia frequently for new videos profiling warriors who have returned to peak performance.



4 SHARE YOUR STORY ON OUR MESSAGE BOARDS

www.realwarriors.net/forum



EXPERIENCING STRESS and psychological health concerns is common. Interacting with others who have shared similar experiences can be a helpful part of returning to peak performance. Visit www.realwarriors.net/forum to share your story and exchange tips with others.

5 EDUCATE YOURSELF

www.realwarriors.net/featuredarticles

IF YOU OR SOMEONE YOU KNOW is preparing for, experiencing or has returned from a deployment, the informative articles on the Real Warriors Campaign website will provide concrete tactics and tools for facing those challenges. There are specific articles for those serving on active duty, members of the National Guard and reserve, veterans, families and health professionals. Read the latest articles at www.realwarriors.net/featuredarticles.

"From resilience on the battlefield or garrison to mending as an inpatient in a VA hospital, overcoming challenge and adversity takes discipline, determination and mental toughness."

— Marine Sgt. Maj. Bryan Battaglia, Senior Enlisted Advisor to the Chairman of the Joint Chiefs of Staff