7 TOOLS THAT REINFORCE PSYCHOLOGICAL STRENGTH

Free, confidential resources for
VETERANS

REAL WARRIORS ★ REAL BATTLES
REAL STRENGTH

> "By taking time out of their lives to answer the call of duty, these men and women uphold the fundamental values that underlie the strength of this nation."
>
> — Secretary of Defense Leon Panetta

The Real Warriors Campaign is designed to encourage help-seeking behavior among warriors with invisible wounds. Early intervention greatly assists successful care and positive outcomes.

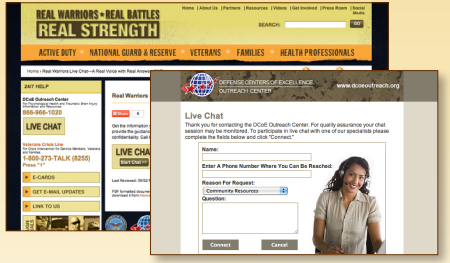
1 CALL THE DCOE OUTREACH CENTER

866-966-1020

REACHING OUT FOR HELP is a sign of strength. Members of the National Guard and reserve who aren't located at or near a military installation can always call one of the trained health resource consultants at the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury (DCoE). They are available 24/7 to talk, listen and provide confidential guidance about resources for getting help.

2 LOG ON TO REAL WARRIORS LIVE CHAT

www.realwarriors.net/livechat

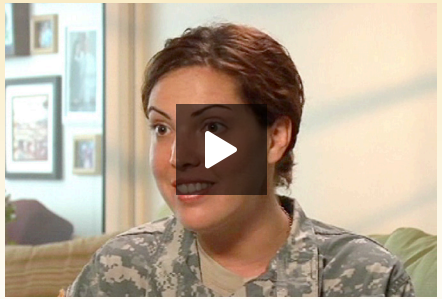


REGARDLESS OF YOUR CURRENT STATUS or component, you can connect instantly, anywhere in the world, with the DCoE Outreach Center by logging on to www.realwarriors.net/livechat from your computer or smartphone. Trained health resource consultants are available around the clock to provide free, confidential guidance about recovery resources for activated warriors as well as those who are currently in a civilian environment.

3 WATCH WARRIORS SHARE THEIR STORIES

www.realwarriors.net/multimedia

WATCH EMPOWERING VIDEOS of service members who had the courage to seek care for their psychological health concerns and are maintaining careers in both military and civilian life. Remember to check www.realwarriors.net/multimedia frequently for new videos of warriors who have sought and received care.



REACHING OUT IS A SIGN OF STRENGTH

You Are Not Alone

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

ATTEND Yellow Ribbon Reintegration Program events listed on **www.yellowribbon.mil**

CONNECT with other members of the National Guard and reserve:
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.

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 the recovery process. No matter where you are, you can always visit the dedicated National Guard and reserve section of the message boards to share your story and exchange tips with others.

5 EDUCATE YOURSELF

www.realwarriors.net/guardreserve

THE REAL WARRIORS CAMPAIGN website features articles written just for members of the National Guard and reserve about important resources that can help you address the unique challenges of transitioning from civilian to warfighter and back. Topics include: translating military experience into civilian employment, tips and resources for transitioning back to school, reintegrating into family life after deployment and building resilience to maximize mission readiness.

"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

6 GET SUPPORT DURING TRANSITIONS

www.health.mil/intransition

ARE YOU LOOKING at an upcoming change in status, new orders, relocation or return to civilian life? If the answer is yes, and you are currently receiving psychological health care, transferring to a new provider can be easier than you think. The inTransition Mental Health Coaching and Support Program will assign you a personal coach who will provide one-on-one support, connect you with your new provider and empower you with tools to continue making healthy life choices.

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

7 ATTEND YELLOW RIBBON REINTEGRATION PROGRAM EVENTS

www.yellowribbon.mil

MAKING THE CHANGE from civilian to warfighter and back is both exciting and challenging. The Yellow Ribbon Reintegration Program helps National Guard and reserve members and their families before, during and after deployments. The Yellow Ribbon Reintegration Program offers access to resources, benefits information and referrals for health, well-being, financial management and employment issues through one- and two-day events. National Guard and reserve members and their families can find out more about Yellow Ribbon Reintegration Program events by contacting their chain of command or by visiting www.yellowribbon.mil/events.

Yellow Ribbon Reintegration Program

For Those Who Serve and Those Who Support

www.yellowribbon.mil