FAR FROM HOME BUT NOT ALONE

5 SUPPORT RESOURCES YOU CAN ACCESS OVERSEAS

Confidential help for military life challenges and psychological health concerns is just a call or click away – even when you’re stationed OCONUS. The free resources below are available for service members or their families 24/7 from any location.

Real Warriors Live Chat
For questions or help locating resources related to psychological health concerns, treatment options and more:
Visit realwarriors.net/livechat to speak with a trained health resource consultant at the Psychological Health Resource Center from your desktop or mobile device for assistance accessing care
Visit realwarriors.net for more information and resources on health topics such as stress and anxiety, anger and transitions

inTransition
For assistance accessing psychological health care when changing duty stations, returning from deployment or facing other military transitions regardless of discharge status:
Call 800-424-4685
Visit pdhealth.mil/resources/intransition to learn more about the program and enrollment

Military Crisis Line
For support during a crisis, including thoughts of suicide:
In Europe, call 00800 1273 8255 or DSN 118
In Korea, call 0808 555 118 or DSN 118
In Afghanistan, call 00 1 800 273 8255 or DSN 111
From other locations, visit veteranscrisisline.net/get-help/chat from your desktop or mobile device to chat online with a responder

DoD Safe Helpline
For support, resources and information after surviving a sexual assault:
Call 877-955-5247
Visit safehelpline.org to chat with a responder or to search for resources specific to your location

Military OneSource
For non-medical counseling and help navigating military life challenges:
Call 800-342-9647 or 703-253-7599
Visit militaryonesource.mil/international-calling-options for location-specific dialing instructions

realwarriors.net
facebook.com/realwarriors
twitter.com/realwarriors