TAKE THE FIRST STEP
Managing the stress of military life can affect the toughest warrior and you don’t have to go it alone. Keeping your mind and body fit can lead to a happier and healthier life.

TALK WITH SOMEONE IN PERSON

REACH OUT TO SOMEONE AT A MILITARY TREATMENT FACILITY
- Primary Care Manager
- Internal Behavioral Health Consultant
- Recovery Coordination Program
- Department of Behavioral Health
- Mental Health Clinic
- Alcohol and Substance Abuse Program
- Family Advocacy Program

CONNECT AT AN INSTALLATION
- Military Family Life Counselors
- Family Readiness System
- Chaplains
- TALK WITH
  - Family
  - Friends
  - Peers
  - Leadership

THE MILITARY HEALTH SYSTEM HAS 600+ CLINICS TO PROVIDE CARE TO SERVICE MEMBERS

GET 24/7 ASSISTANCE

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

CALL the Tricare Nurse Advice Line for health advice and to help you find a doctor at 800-874-2273, press 1

THE PSYCHOLOGICAL HEALTH RESOURCE CENTER IS AVAILABLE 24/7 BY PHONE AND CHAT
Call/chat with a health resource consultant 866-966-1020 or click Live Chat on realwarriors.net

LEARN MORE ONLINE

REAL WARRIORS CAMPAIGN realwarriors.net

INTRANSITION pdhealth.mil/resource-center/intransition

DEPARTMENT OF VETERANS AFFAIRS mentalhealth.va.gov

THE TOP STRESSORS RELATED TO THE MILITARY LIFESTYLE ARE DEPLOYMENT OR SEPARATION, FINANCIAL, EMPLOYMENT OR WORK, AND ISOLATION FROM FAMILY*

71% of service members report that they seek emotional support from family and friends*

30% of service members feel stressed most or all of the time*

* SOURCE: Blue Star Families

REAL WARRIORS • REAL BATTLES • REAL STRENGTH
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MHS Military Health System
health.mil