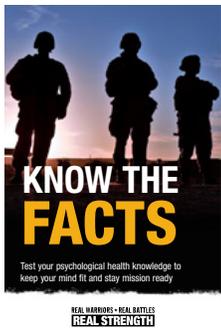


# THE REAL WARRIORS CAMPAIGN

Launched by the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury (DCoE) in 2009, the campaign is an integral part of the Defense Department's overall effort to encourage warriors and families to seek appropriate care and support for psychological health concerns.

The Real Warriors Campaign is a multimedia public awareness initiative designed to encourage help-seeking behavior among service members, veterans and military families coping with invisible wounds, and to create awareness of the tools and resources available for psychological health care and support.

## HOW TO USE CAMPAIGN RESOURCES



### Materials: [realwarriors.net/materials](http://realwarriors.net/materials)

Order or download campaign materials free of charge in any quantity and anywhere in the world through the campaign's online shopping cart ([realwarriors.net/materials/order](http://realwarriors.net/materials/order)).

Get tools and resources such as:

- Service-specific posters
- Trifolds
- Mini-brochures
- Wallet cards

Highlighted materials include the "5 Questions to Ask Your Psychological Health Provider" trifold and "Know the Facts" booklet.



### Real Warrior Profiles:

[realwarriors.net/multimedia/profiles.php](http://realwarriors.net/multimedia/profiles.php)

Watch and share inspiring stories of Real Warriors who reached out for psychological support or care with successful outcomes, including:

- Learning coping skills
- Maintaining their security clearance
- Continuing to succeed in their military or civilian careers

Real Warriors like 1st Sgt. Simon Sandoval have proven through example that reaching out for care is a sign of strength that benefits the entire military community.

Sharing stories and knowledge helps all warriors know they are not alone in coping with invisible wounds. Share these video profiles during conferences and events or in health care providers' waiting rooms.

## GET INVOLVED

Connect with the Real Warriors Campaign social media community:



 [facebook.com/realwarriors](https://facebook.com/realwarriors)

 [twitter.com/realwarriors](https://twitter.com/realwarriors)

 [realstrength.realwarriors.net](http://realstrength.realwarriors.net)

 [youtube.com/realwarriorscampaign](https://youtube.com/realwarriorscampaign)

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## Featured Articles: [realwarriors.net](http://realwarriors.net)

Educate yourself and others by reading the campaign's articles on psychological health care and support. The website currently includes more than 140 articles targeted toward active-duty service members, members of the National Guard and reserve, veterans, military families and health care professionals. The articles provide practical tools, tips and resources for members of the military community coping with invisible wounds. Health care professionals can learn about key information such as clinical practice tools and professional development to support the military community.

New articles are added every month, so visit regularly for the most up-to-date information.

Articles include:

- "Translating Military Experience to Civilian Employment"
- "Dispelling Myths About Posttraumatic Stress Disorder"
- "Dealing With Depression: Symptoms and Treatment"
- "Understanding the Types of Psychological Health Care"
- "Types of Psychological Health Professionals"



## Social Media: [realwarriors.net/socialmedia.php](http://realwarriors.net/socialmedia.php)

Engage with the campaign online through its social media channels.

Use the campaign's online forums to:

- Connect with each other
- Refer friends to the campaign as a trusted resource
- Access psychological health care

Our social media channels amplify the campaign's reach online by interacting with fans and followers, promoting actionable resources available at [realwarriors.net](http://realwarriors.net) and engaging with audiences on international and local levels.

Real Warriors Campaign is online at [realwarriors.net](http://realwarriors.net).  
For general inquiries, contact us by visiting [realwarriors.net/contactus](http://realwarriors.net/contactus).



## Mobile App: [realwarriors.net/mobileapp.php](http://realwarriors.net/mobileapp.php)

Download the free, award-winning "Real Warriors" app on the App Store for your iPhone, iPad and iPod touch. The Real Warriors app is an online photo-sharing service that encourages the military community to support their fellow warriors.

Users can:

- Upload photos to the Wall
- Salute their peers
- Share photos via social networks (e.g., Facebook, Twitter, Flickr)
- Access 24/7 resources

Users can also access the Wall via [realstrength.realwarriors.net](http://realstrength.realwarriors.net) to honor those who serve from any device.



## DCoE Outreach Center and Real Warriors Live Chat: [realwarriors.net/livechat](http://realwarriors.net/livechat)

If you or a loved one is seeking additional information about psychological health concerns and available resources, call the DCoE Outreach Center at 866-966-1020 to speak with a trained health resource consultant 24/7, 365 days a year or through the Real Warriors Campaign Live Chat. These consultants are ready to talk, listen, and direct users to resources in their area and answer questions about invisible wounds.

For immediate assistance for those in crisis, call the Military Crisis Line at 800-273-8255 and press 1 for 24/7 confidential support.



## Seek Help, Find Care: [realwarriors.net/seek-help.php](http://realwarriors.net/seek-help.php)

Visit the "Seek Help 24/7" page on the campaign website for a list of key psychological health care resources including:

- Military Crisis Line
- Local military treatment facilities
- Department of Veterans Affairs resources

Remember, reaching out is a sign of strength that can benefit you, your family, peers and the military community.