

MILITARY LIFE IS REWARDING
BUT ISN'T ALWAYS EASY

NO EXCUSES

STRIVE FOR PROGRESS, NOT PERFECTION

NEVER FORGET IT

STAY CONNECTED TO
FRIENDS AND FAMILY

#REALSTRENGTH

I GOT THIS

REACHING OUT IS A
SIGN OF STRENGTH

GET UP AND TRY AGAIN

CHOOSE STRENGTH

OVER
FEAR

SEEK TREATMENT WORKS

ROUGHER THAN I CAN, I WILL

MOTIVATE OTHERS

TAKING THE FIRST STEP

I GOT THIS.

REAL WARRIORS + REAL BATTLES
REAL STRENGTH

realwarriors.net

MHS Military Health System
health.mil

CALL/CHAT
with a health resource consultant 24/7 for
assistance accessing at 866-966-1020 or
realwarriors.net/livechat

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

JOIN
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