

Reaching Out Made Me **STRONGER**



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After I was shot four times in Afghanistan I felt paralyzed physically and mentally. I learned that psychological care is key to recovery from both physical and invisible wounds.

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**Retired Army Maj.
Jeremy Haynes**
Wounded Warrior

For Haynes' full story of strength and recovery visit realwarriors.net/personal-stories

Psychological Health Resource Center
Call/Chat with a health resource consultant 24/7 at 866-966-1020 or realwarriors.net/livechat

Military Crisis Line
Call 800-273-8255 and press 1, or chat online at veteranscrisisline.net/get-help/chat for confidential help

Vet Center
Call 877-927-8387 or visit vetcenter.va.gov for help after leaving uniform

REAL WARRIORS ★ REAL BATTLES
REAL STRENGTH
realwarriors.net

MHS Military Health System
health.mil