

# PSYCHOLOGICAL HEALTH RESOURCE CENTER 24/7

Free, Fast and  
Accurate Information

The **Psychological Health Resource Center** can help connect you to **local resources and information** about psychological health and transition-related topics — available to **anybody**



# Qualified Professionals, Personal Service

Our trained health resource consultants can provide **free, confidential, customized information** based on your specific needs **24 hours a day, seven days a week** via phone, email or online chat

**call • email • chat**

**866-966-1020 (toll free)**  
**resources@phcoe.org**  
**health.mil/phrc**

*The Psychological Health Resource Center does not function as a treatment or counseling center.*

Released July 2021

This product is reviewed annually and is current until superseded.