

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

SEE TREATMENT WORKS

**ROCK IT** IF I CAN, I WILL  
MOTIVATE OTHERS

TAKING THE FIRST STEP



**I GOT THIS.**

REAL WARRIORS + REAL BATTLES  
**REAL STRENGTH**

[Health.mil/RealWarriors](http://Health.mil/RealWarriors)

 **CALL/CHAT**

Psychological Health Resource Center  
Call/chat with a health resource consultant 24/7  
for assistance accessing care at 866-966-1020  
or [health.mil/PHRC](http://health.mil/PHRC) and click "Live Chat"

 **CALL/TEXT/CHAT**

Military Crisis Line  
In the U.S., dial 988 then press 1 or text 838255.  
For OCONUS calling options and online chat  
accessible from anywhere in the world, visit  
[militarycrisisline.net](http://militarycrisisline.net)

 **JOIN**

Social media community  
[facebook.com/realwarriors](https://facebook.com/realwarriors)  
[instagram.com/realwarriorscampaign](https://instagram.com/realwarriorscampaign)