

# **7 TOOLS**

# **THAT REINFORCE WARRIOR RESILIENCE**

**Free, confidential resources for  
ACTIVE-DUTY SERVICE MEMBERS**

**REAL WARRIORS ★ REAL BATTLES**

**REAL STRENGTH**

**“Seeking behavioral health care is a choice that embodies moral courage, honor and integrity. Those values are at the foundation of what we stand for and what we defend ... Always remember that our most valuable resource is each other. When one of us faces a challenge, we all must stand together.”**

**— Secretary of Defense Chuck Hagel**

**The Real Warriors Campaign understands the unique challenges that service members face. Use the free, confidential resources highlighted in this brochure to build resilience and psychological strength before, during or after deployment.**

# 1 CALL THE DCOE OUTREACH CENTER

866 966 1020

**REACHING OUT FOR HELP** is a sign of strength. If you are coping with a psychological health concern, don't hesitate to call one of the trained health resource consultants at the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury (DCoE) Outreach Center. They understand common military stressors and are always ready to talk, listen and provide confidential guidance. Pick up the phone and call 866-966-1020, 24 hours a day, seven days a week.



# 2 LOG ON TO REAL WARRIORS LIVE CHAT

[www.realwarriors.net/livechat](http://www.realwarriors.net/livechat)



**CONNECT INSTANTLY**, anywhere in the world, with the DCoE Outreach Center by logging on to [www.realwarriors.net/livechat](http://www.realwarriors.net/livechat) from your computer or smartphone. Trained health resource consultants are available around the clock to provide free, confidential guidance about care and support resources for you or your loved ones.

# 3 WATCH WARRIORS SHARE THEIR STORIES

[www.realwarriors.net/multimedia](http://www.realwarriors.net/multimedia)

**WATCH EMPOWERING VIDEOS** of service members who had the courage to seek care or support for psychological health concerns and are maintaining military and civilian careers. Remember to check [www.realwarriors.net/multimedia](http://www.realwarriors.net/multimedia) frequently for new videos of warriors who have sought and received care with successful outcomes, including maintaining their security clearance and learning new coping skills that allowed them to return to peak performance.



# REACHING OUT IS A SIGN OF STRENGTH

## You Are Not Alone

**TALK** to a trained health resource consultant  
24/7 for free:

Call **866-966-1020** or log on to  
[www.realwarriors.net/livechat](http://www.realwarriors.net/livechat)

**CONNECT** with other warriors, families and  
health professionals:

[www.realwarriors.net/forum](http://www.realwarriors.net/forum)

**SPEAK** with a personal coach during transitions:

[www.health.mil/intransition](http://www.health.mil/intransition)

**ENGAGE** with the Real Warriors Campaign  
community in social media:

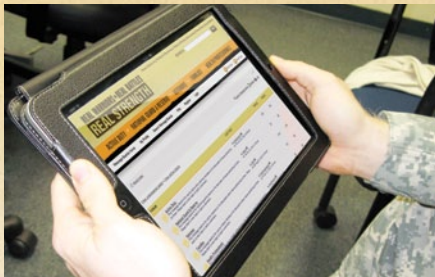
[www.twitter.com/realwarriors](http://www.twitter.com/realwarriors)

[www.facebook.com/realwarriors](http://www.facebook.com/realwarriors)

**CALL** the Military Crisis Line if you are in a crisis:  
**800-273-8255** and Press 1

# 4 SHARE YOUR STORY ON OUR MESSAGE BOARDS

[www.realwarriors.net/forum](http://www.realwarriors.net/forum)



**EXPERIENCING STRESS** and psychological health concerns is common. Interacting with others who have shared similar experiences can be a helpful part of the recovery process. No matter where you are, you can always visit the “Active Duty” section of the Real Warriors Campaign message boards at [www.realwarriors.net/forum](http://www.realwarriors.net/forum) to share your story and connect with others.

# 5 EDUCATE YOURSELF

[www.realwarriors.net/active](http://www.realwarriors.net/active)

**THE REAL WARRIORS CAMPAIGN** website features articles written for active-duty service members. Article content includes how to identify signs of combat stress, resources for building psychological strength, and tips and tools to maintain family relationships during each stage of deployment. Read the latest articles at [www.realwarriors.net/featuredarticles](http://www.realwarriors.net/featuredarticles).

**“Adversity is a reality in our military life cycle. Resiliency is the major counter balance to maneuvering and navigating through adversity. Being resilient isn’t about toughing it out alone. In fact, reaching out to others for assistance and support is downright courageous.”**

— U.S. Marine Corps Sgt. Maj. Bryan Battaglia,  
Senior Enlisted Advisor to the Chairman of the  
Joint Chiefs of Staff



# 6 GET SUPPORT DURING TRANSITIONS

[www.health.mil/intransition](http://www.health.mil/intransition)

**ARE YOU LOOKING AT AN UPCOMING CHANGE** in status, new orders, relocation or return to civilian life? If the answer is yes, and you are currently receiving psychological health care, then transferring to a new provider can be easier than you think. The Defense Department's inTransition Program pairs service members with a personal coach to provide one-on-one motivational support and help finding a new provider. The program can also link your family to local support groups.

**For *inTransition* coaching and tools:**


**800-424-7877**

(toll-free inside the U.S.)

**800-424-4685**

(DSN, toll-free outside the U.S.)

**[www.health.mil/intransition](http://www.health.mil/intransition)**

The logo for the inTransition program, featuring the word "inTransition" in a stylized font with "in" in a smaller size and "Transition" in a larger size, all in white text on a purple rectangular background.

**inTransition**  
PERSONAL COACHING • SUPPORT GROUPS

# 7 SEEK ADVICE FROM THE MILITARY CRISIS LINE

800 273 8255 and Press 1

**THE MILITARY CRISIS LINE** connects service members in crisis and their loved ones with confidential support 24/7. Those in need can access the Military Crisis Line at 800-273-8255 and Press 1, chat online by visiting [www.militarycrisisline.net](http://www.militarycrisisline.net) or send a text message to 838255 for immediate help. The Military Crisis Line offers qualified, caring responders through its confidential toll-free hotline, online chat and text message support. Many of the responders are veterans and can relate to the unique experiences and challenges service members can experience. For more information, visit [www.militarycrisisline.net.events](http://www.militarycrisisline.net.events).

