

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

**ROUGHER THAN I CAN, I WILL
MOTIVATE OTHERS**

TAKING THE FIRST STEP



I GOT THIS.

REAL WARRIORS ★ REAL BATTLES
REAL STRENGTH

realwarriors.net

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

CALL/TEXT/CHAT
if you or someone you know is in a crisis
at 1-800-273-8255 press 1, text 838255
or militarycrisisline.net/chat

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