



## National Guard and Reserve 4-1-1

- All five branches of the United States military have Reservists: warriors who can be called to serve at any point in time.
- Reserve Component personnel play an integral role with currently more than 123,000 Reserve Component personnel activated in the Operation Iraqi Freedom/Operation Enduring Freedom missions. These service members face many challenges that active component personnel do not.
- Unique to any other service or component, the Army and the Air Force have a National Guard state and federal “dual status” – which means that Guardsmen answer to both the President and the governors of their respective states and territories, providing both domestic disaster relief *and* homeland defense.

### Challenges of the National Guard and Reserve:

- National Guardsmen and Reservists transition from military to civilian life frequently, whether through routine trainings or longer deployments. However, unlike the rest of the Armed Forces, they must juggle the demands of both military and civilian jobs.
- Children of National Guardsmen and Reservists often live where there is less community support, as opposed to other military children who can share their issues with a community of people dealing with the same challenges.

### Did You Know?

- Psychological health issues often go undetected.
- Approximately 30 percent of service members returning from Operation Iraqi Freedom/Operation Enduring Freedom have reported symptoms of psychological health problems, but only about half sought treatment.
- More than six in 10 military members (61%) think seeking help for psychological health concerns would have at least some negative impact on their career. However, professional psychological health counseling is not a threat to an individual’s security clearance, but is viewed as a positive factor in the security clearance process.

### It’s Okay to Ask for Help:

- You are not alone. DCoE was created to ensure all service members, including Guardsmen and Reservists, veterans and their families have access to resources on psychological health (PH) and traumatic brain injury (TBI). Learn more at [www.dcoe.health.mil](http://www.dcoe.health.mil).
- Reaching out is an act of courage and strength. DCoE’s Real Warriors Campaign provides a forum for warriors to share their stories about seeking help. The campaign combats the stigma associated with seeking psychological health care and treatment. Learn more at [www.realwarriors.net](http://www.realwarriors.net).
- The DCoE Outreach Center is available 24 hours a day, seven days a week at (866) 966-1020 and by e-mail at [resources@dcoeoutreach.org](mailto:resources@dcoeoutreach.org) or via live chat at <http://www.dcoe.health.mil/24-7help.aspx>.