

**WHEREVER YOU ARE** in the world, you can connect instantly with the DCoE Outreach Center by logging on to [www.realwarriors.net/livechat](http://www.realwarriors.net/livechat). Trained health resource consultants are available around the clock to provide free, confidential guidance about recovery resources for yourself, a friend or a loved one.



**WATCH EMPOWERING VIDEOS** of service members who had the courage to seek care for traumatic brain injury or psychological concerns, and are maintaining military and civilian careers. Remember to check [www.realwarriors.net/](http://www.realwarriors.net/) multimedia frequently for new videos profiling warriors who have returned to peak performance.

**EXPERIENCING PROBLEMS** related to combat stress or traumatic brain injury is common in today's warriors and military families. Interacting with others who have shared similar experiences can be a helpful part of returning to peak performance. Visit [www.realwarriors.net/forum](http://www.realwarriors.net/forum) to share your story and exchange tips with others.



**"It's time we made everyone in uniform aware that the act of reaching out for help is, in fact, one of the most courageous acts and one of the first big steps to reclaiming your career, your life and your future."**  
—Adm. Mike Mullen, Chairman of the Joint Chiefs of Staff

**IF YOU OR SOMEONE YOU KNOW** is preparing for, experiencing or has returned from a deployment, the informative articles on the Real Warriors Campaign Web site will provide concrete tactics and tools for facing those challenges. There are specific articles for those serving on active duty, members of the Guard and Reserve, veterans, families and health professionals. Read the latest articles at [www.realwarriors.net/featuredarticles](http://www.realwarriors.net/featuredarticles).

**5 EDUCATE YOURSELF**  
[www.realwarriors.net/featuredarticles](http://www.realwarriors.net/featuredarticles)

**4 SHARE YOUR STORY ON OUR MESSAGE BOARDS**  
[www.realwarriors.net/forum](http://www.realwarriors.net/forum)

**3 WATCH WARRIORS SHARE THEIR STORIES**  
[www.realwarriors.net/multimedia](http://www.realwarriors.net/multimedia)

**2 LOG ON TO REAL WARRIORS LIVE CHAT**  
[www.realwarriors.net/livechat](http://www.realwarriors.net/livechat)

**REACHING OUT IS A SIGN OF STRENGTH**  
**You Are Not Alone**

# 5 TOOLS THAT REINFORCE PSYCHOLOGICAL STRENGTH

Use these five free, confidential resources 24 hours a day, seven days a week

**REAL WARRIORS ★ REAL BATTLES**  
**REAL STRENGTH**

**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)

**WATCH** warriors share their stories of resilience and recovery: [www.realwarriors.net/multimedia](http://www.realwarriors.net/multimedia)

**ENGAGE** with Real Warriors Campaign social media tools: [www.twitter.com/realwarriors](http://www.twitter.com/realwarriors) and [www.facebook.com/realwarriors](http://www.facebook.com/realwarriors)

To order additional copies e-mail us at [dcoe.realwarriors@tma.osd.mil](mailto:dcoe.realwarriors@tma.osd.mil).

**"Admitting psychological treatment is not an impediment to getting or keeping a security clearance. The department has also launched the Real Warriors Campaign, a national multimedia public-education effort designed to combat this stigma."**

— Secretary of Defense Robert M. Gates

The Real Warriors Campaign is designed to combat stigma and provide free, confidential resources for accessing support and treatment.

**1 CALL THE DCOE OUTREACH CENTER**  
**866-966-1020**

**REACHING OUT FOR HELP** is a sign of strength. If you or someone you know has questions or would like more information, 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). They understand the common stress reactions resulting from combat and are always ready to talk, listen and provide confidential guidance. So, pick up the phone and call 866-966-1020, 24 hours a day, seven days a week.

