

A Creed *for* a Comrade

I am an airman.
I am a sailor.
I am a soldier.
I am a Marine.
I am a Coast Guardsman.

I am a mentor.
I am a comrade.
I am a friend.
I am a loved one.

I have answered my nation's call.
I will always place the mission first.
I will always look out *for* the well being of my fellow warriors.
I will be psychologically and physically fit.

I will never accept defeat—on or off the battlefield.
I will never leave a warrior behind.
I will never quit on my friends.

If my comrade is experiencing post traumatic stress, anxiety, depression, suicidal thoughts or any other psychological health concern, I will help.

I will know the signs and symptoms of someone having trouble psychologically.
I will know the resources available.
I will reach out *for* help; and provide help to those who need it.
I will not leave his side until he receives treatment.

I am disciplined, resilient, trained and proficient in all my warrior tasks.
If I become enraged, anxious, depressed—I will ask *for* help.
I proudly serve my country with honor, courage and commitment.
I proudly stand by my fellow warriors.



DEFENSE CENTERS OF EXCELLENCE

For Psychological Health & Traumatic Brain Injury

www.dcoe.health.mil