During the transition to civilian life, service members and their families face new milestones and life changes. As a military family establishes a new foundation, the realities of finding a new job, adjusting to a new cultural climate, and changes in military pay and benefits can be challenging.

– General Joseph L. Lengyel, U.S. Air Force, Chief, National Guard Bureau

The Real Warriors Campaign encourages help-seeking behavior among all members of the military community coping with psychological health concerns, including veterans. Learn about available tools to support veterans’ psychological health, whether navigating the transition from military service to civilian life or other life challenges.

1 LEARN ABOUT USEFUL RESOURCES AND INFORMATION

realwarriors.net

Visit the Real Warriors Campaign website to read articles written for veterans about important resources that can help address the unique challenges of civilian life after transitioning out of uniform. Topics include translating military experience into civilian employment, transitioning back to school, accessing care through the Department of Veterans Affairs and more.

2 HEAR FROM REAL WARRIORS AND THEIR FAMILIES

realwarriors.net/personal-stories

Watch inspiring videos of service members and veterans who had the courage to seek care for their psychological health concerns and are now maintaining fulfilling careers and personal lives both in and out of uniform. Remember to check realwarriors.net/personal-stories for new videos of warriors who have sought and received care.

3 TAKE A SELF-CHECK QUIZ

vetselfcheck.org

Take a quick confidential quiz offered through the Veterans Crisis Line to better understand your psychological health concerns, recognize when it may be time to seek professional help and learn about Department of Veterans Affairs (VA) or community-based services. A VA Chat Responder will review your quiz and offer a personal response directly through the website, without asking for your name or other information that identifies you.
REACHING OUT IS A SIGN OF STRENGTH

Veterans are not alone.

Talk to a trained health resource consultant 24/7:
Call the Psychological Health Resource Center at 866-966-1020.
Visit vetcenter.va.gov to locate the nearest Vet Center.
Get confidential support 24/7 from the Veterans Crisis Line by calling 800-273-8255 (press 1), chatting online at veteranscrisisline.net or texting 838255. Support for hearing-impaired callers is available at 800-799-4889.
Engage with the Real Warriors Campaign community on social media:
twitter.com/realwarriors
facebook.com/realwarriors
Visit orders.gpo.gov/realwarriors to order additional materials.

Connect with organizations that help veterans and the military community learn more about health concerns and identify options for care, including:
InTransition, (pdhealth.mil/resources/intransition) offers specialized coaching and assistance for veterans as well as active duty, National Guard and Reserve service members when establishing or transitioning their psychological health care.
Coaching Into Care, (mirecc.va.gov/coaching) provides confidential coaching services to family and friends of a veteran who may need care. Services include information about treatment options and ways to support a veteran in their decision to get help.
Visit realwarriors.net/247-resources for additional resources offering 24/7 support.

Access free and confidential readjustment counseling and referral services through your local Vet Center. These community-based counseling centers serve veterans and active duty service members (including those in the National Guard and Reserve), who have served in combat theater or an area of hostility, experienced military sexual trauma or other qualifying events.
Visit vetcenter.va.gov to learn more and find a Vet Center near you.

Join the Real Warriors Campaign in our work to reduce barriers to seeking psychological health care and spread the message that reaching out is a sign of strength. Visit realwarriors.net/advocate to learn how to become a campaign advocate.

Sign up for the monthly Real Warriors Campaign email update at realwarriors.net to stay up to date on the campaign's latest tools and resources.