

# 7 TOOLS

TO KEEP NATIONAL GUARD  
AND RESERVE SERVICE  
MEMBERS MISSION READY



REAL WARRIORS ★ REAL BATTLES  
REAL STRENGTH



The Real Warriors Campaign understands the unique challenges National Guard and Reserve service members face. Use the resources in this brochure to manage common stressors like deployments or drill weekends away from home, transitioning back into civilian life and psychological health concerns.

## 1 LEARN ABOUT USEFUL RESOURCES AND INFORMATION

[realwarriors.net/transitions](http://realwarriors.net/transitions)

The Real Warriors Campaign website features articles and resources that National Guard and Reserve service members can use to help address the unique challenges of transitioning from civilian to warfighter and back. Topics include translating military experience into civilian employment, transitioning back to school, reintegrating into family life after deployment and maintaining mission readiness.



## 2 ATTEND YELLOW RIBBON REINTEGRATION PROGRAM EVENTS

[yellowribbon.mil](http://yellowribbon.mil)

The Yellow Ribbon Reintegration Program helps National Guard and Reserve members and their families before, during and after deployments. The program offers resources, benefits information and referrals for health, well-being, financial management and employment issues through one- and two-day events. Deploying National Guard and Reserve service members are required to attend these events and are able to bring one family member or supportive loved one at no cost.



## 3 HEAR FROM REAL WARRIORS

[realwarriors.net/personal-stories](http://realwarriors.net/personal-stories)

Watch inspiring videos of service members who had the courage to seek care for their psychological health concerns and are maintaining careers in both military and civilian life. Remember to check [realwarriors.net/personal-stories](http://realwarriors.net/personal-stories) for new videos of warriors who have sought and received care.



# REACHING OUT IS A SIGN OF STRENGTH

## Military families are not alone.

Talk confidentially to a trained health resource consultant 24/7, for free at **866-966-1020** or visit [realwarriors.net/livechat](http://realwarriors.net/livechat)

Connect with a personal coach during transitions: [pdhealth.mil/resources/intransition](http://pdhealth.mil/resources/intransition)

Advocate for other members of the National Guard and Reserve to seek help: [realwarriors.net/advocate](http://realwarriors.net/advocate)

Engage with the Real Warriors Campaign community on social media:

[twitter.com/realwarriors](https://twitter.com/realwarriors)  
[facebook.com/realwarriors](https://facebook.com/realwarriors)

To order additional resources visit [orders.gpo.gov/RealWarriors](http://orders.gpo.gov/RealWarriors)



## 4 CONTACT THE PSYCHOLOGICAL HEALTH RESOURCE CENTER

866-966-1020

Reaching out for help is a sign of strength. Members of the National Guard and Reserve who aren't located at or near a military installation can always call a trained health resource consultant at the Psychological Health Resource Center (PHRC) for assistance accessing care.

Consultants are available 24/7, in English or Spanish, to provide confidential guidance, answer questions and help find resources for service members and military families.

## 5 REACH OUT TO THE REAL WARRIORS LIVE CHAT

[realwarriors.net/livechat](http://realwarriors.net/livechat)

Connect with PHRC's health resource consultants 24/7 from anywhere in the world through Real Warriors Live Chat. Visit [realwarriors.net/livechat](http://realwarriors.net/livechat) from any device to receive free and confidential guidance about psychological health resources for activated warriors as well as those who are currently in a civilian environment.



## 6 GET SUPPORT DURING TRANSITIONS

[pdhealth.mil/resources/intransition](http://pdhealth.mil/resources/intransition)

Are you facing an upcoming change in status, new orders, relocation or a return to civilian life? Finding a new psychological health care provider during these periods of transition can be easier than you think.

The inTransition program provides one-on-one mental health coaching and support. You will be assigned a telephonic, personal coach who can connect you with a new provider, help with appointments, and empower you with tools to continue making healthy life choices.

For inTransition coaching and tools:

800-424-7877 (toll-free inside the U.S.)  
800-424-4685 (DSN, toll-free outside the U.S.)  
314-387-4700 (OCONUS)  
[pdhealth.mil/resources/intransition](http://pdhealth.mil/resources/intransition)

## 7 BECOME A CAMPAIGN ADVOCATE

[realwarriors.net/advocate](http://realwarriors.net/advocate)

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](http://realwarriors.net/advocate) to learn how to become a campaign advocate.

Sign up for the monthly Real Warriors Campaign email update at [realwarriors.net](http://realwarriors.net) to stay up to date on the latest content.

*"The Real Warriors Campaign, for me, has been a great resource that I pass along to other military spouses, friends, and anyone I know that is in contact with a service member. I let them know about the website and other resources."*

— Mrs. Sheri Hall, RWC volunteer and Army wife