

# Reaching Out Made Me **STRONGER**



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After I was shot four times in Afghanistan I felt paralyzed physically and mentally. I learned that psychological care is key to recovery from both physical and invisible wounds.

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**Retired Army Maj.  
Jeremy Haynes**  
Wounded Warrior

For Haynes' full story of strength and recovery visit [health.mil/RealWarriors](https://health.mil/RealWarriors)

#### **Psychological Health Resource Center**

Call/Chat with a health resource consultant 24/7 at 866-966-1020 or visit [www.health.mil/PHRC](https://www.health.mil/PHRC) and click "Live Chat."

#### **Military Crisis Line**

Call 988 and press 1 or text 838255. To chat or find overseas help visit [veteranscrisisline.net/chat](https://veteranscrisisline.net/chat).

#### **Vet Center**

Call 877-927-8387 or visit [vetcenter.va.gov](https://vetcenter.va.gov) for help after leaving uniform.

**REAL WARRIORS ★ REAL BATTLES**

**REAL STRENGTH**

[health.mil/RealWarriors](https://health.mil/RealWarriors)