

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

Psychological Health Resource Center

Call/Chat with a health resource consultant 24/7 at 866-966-1020 or visit 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.

Vet Center

Call 877-927-8387 or visit vetcenter.va.gov for help after leaving uniform.

**REAL WARRIORS • REAL BATTLES
REAL STRENGTH**
health.mil/RealWarriors