

PATHWAY TO READINESS

Reaching out and seeking care early for psychological health concerns helps you stay mission ready.

KNOW THE SIGNS

One in four active duty service members report utilizing mental health services. Recognizing psychological health problems early is the first step to seeking care for yourself or a loved one. Some signs include:

Feelings

- Increased anger, irritability or aggressiveness
- Increased stress or worry
- Ongoing sadness, helplessness, or hopelessness
- Severe mood swings

Behaviors

- Eating or sleeping significantly more or less
- “Self-medicating” with alcohol and/or drugs
- Engaging in high-risk activities
- Unable to perform daily tasks in work or personal life

Thoughts

- Difficulty concentrating or confused thinking
- Thinking of harming yourself or others
- Having repetitive negative thoughts

If you’re experiencing any of the above signs, start yourself on the path below as soon as these feelings, behaviors or thoughts begin to impact your daily life. Seeking care early will equip you with the tools you need to prevent a difficult time from possibly becoming a crisis.

DEVELOP HEALTHY COPING SKILLS

Whether it’s meditation, journaling, or chatting with friends, establish coping skills to help you in your daily life.

TIP: Check out RWC’s [Sleep](#) and [Anger](#) pages for additional resources to help you cope.

LEARN MORE

Visit health.mil/RealWarriors for information and resources on psychological health concerns and tips to help you cope.

TIP: Check out personal stories at health.mil/RealWarriors to see other warriors who’ve successfully reached out for help.

STAY MOTIVATED

Your treatment plan may take time to work. Stick with it and stay positive!

TIP: Turn negative thoughts positive with the help of the [Boost Your Mood: 6 Tools for Reframing Negative Thoughts](#) article.



REACH OUT

Connect with a loved one, fellow service member, commander or unit chaplain and share what’s going on.

TIP: Call/chat with a health resource consultant at the Psychological Health Resource Center at 866-966-1020 or health.mil/PHRC and click “Live Chat” to learn more about resources available to you, or get access to care.

SEEK CARE

Set up an appointment with your primary care provider or a psychological health specialist. You can discuss what you’re experiencing and possible treatment options.

TIP: Use the [5 Questions to Ask Your Psychological Health Provider](#) trifold to prep for your appointment.

WANT MORE RESOURCES?

Psychological Health Resource Center

Call/Chat with a health resource consultant 24/7 for assistance accessing care at 866-966-1020 or health.mil/PHRC and click “Live Chat”

Military Crisis Line

In the U.S., dial 988 then press 1 or text 838255. For OCONUS calling options and online chat accessible from anywhere in the world, visit militarycrisisline.net

Military OneSource

Call 800-342-9647 or 703-253-7599 for non-medical counseling and specialty consultations (including peer support)

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REAL STRENGTH