

PSYCHOLOGICAL HEALTH PROMOTION

The Psychological Health Center of Excellence (PHCoE) promotes prevention and early intervention for psychological health concerns among service members, veterans and their families. Our outreach activities provide psychological health information and resources.

Outreach Efforts

Real Warriors Campaign

A public awareness campaign designed to encourage service members, veterans and families to reach out for help for psychological health concerns.



Live chat with trained health resource consultants to provide guidance and referrals at [realwarriors.net/live chat](https://realwarriors.net/live-chat)



Order free materials, such as the "Sleep Matters" infographic at realwarriors.net/materials



View or download videos of real service members sharing their stories at realwarriors.net/multimedia



Connect with the campaign on social media at

- facebook.com/realwarriors
- twitter.com/realwarriors

inTransition

A voluntary and confidential program designed to ensure support to service members, reservists, National Guard members, veterans and retirees with psychological health needs as they move between health care systems or when:



Relocating to another assignment



Preparing to leave military service



Returning from deployment



Requiring a new provider

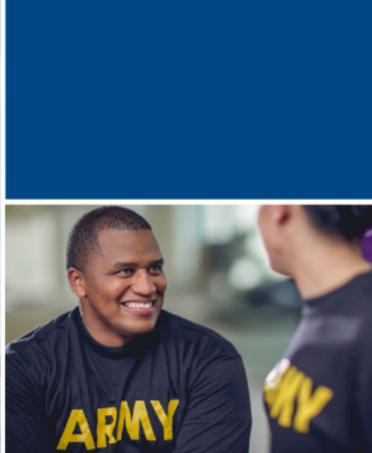


Transitioning from active duty to reserves or vice versa

Enroll by calling 800-424-7877 or learn more at pdhealth.mil/intransition

Psychological Health Resource Center

Free, 24/7 call center staffed by professional health resource consultants who answer questions about psychological health symptoms and connect callers with mental health providers and community resources in their region.



Visit Our Website at pdhealth.mil



Learn about common barriers to care service members can experience (e.g. stigma, structural barriers)



Download infographics on barriers to care topics, such as career concerns commonly associated with seeking mental health care



Learn how the services' Combat and Operational Stress Control (COSC) programs help prevent and manage reactions which can occur after exposure to stressful or traumatic events during combat or military operations



Watch our chaplain webinars to learn how chaplains and mental health providers work together to address mental health of service members



Access resources and information on call centers, military family support, military medical organizations, psychological health tools, and mobile apps



Read Clinician's Corner blog posts about mental health-related topics

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Released December 2018 by the Psychological Health Center of Excellence
301-295-7681 | pdhealth.mil

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