

# PSYCHOLOGICAL HEALTH RESOURCE CENTER 24/7

## Free, Fast and Accurate Information

Available to active duty service members, National Guard members, reservists, veterans and their families — the **Psychological Health Resource Center** provides resources and information about psychological health.

Psychological Health Center of Excellence



[pdhealth.mil](https://pdhealth.mil)



# Qualified Professionals Personal Service

Our trained health resource consultants can provide free, customized information based on your specific needs **24 hours a day, seven days a week** via phone, email or online chat

**call • email • chat**

**866-966-1020 (toll free)**

**resources@phcoe.org**

**pdhealth.mil**

*The Psychological Health Resource Center does not function as a treatment or counseling center.*

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