

# Do you...

have questions about combat stress, depression, or other psychological health concerns?

know someone having difficulty reintegrating into civilian life?

need help connecting with a mental health provider in your area?

The **Psychological Health Resource Center** is staffed by professional health resource consultants who have expertise in psychological health and understand military culture. These consultants provide information and resources for building and maintaining psychological health and can connect you with mental health care and community resources in your area.



## Features of the Psychological Health Resource Center:

- Available 24/7 by phone, online chat or email
- Free
- Customized responses to your specific questions and needs

## Who We Serve:

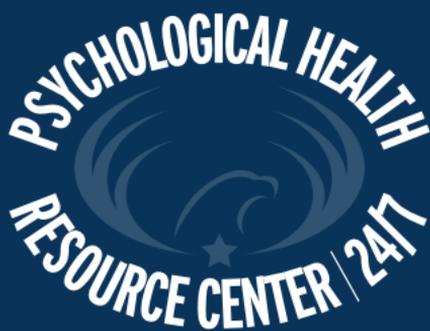
- Service members
- Families and friends
- Military leaders
- Clinicians
- Educators
- Support personnel
- Clergy
- Researchers

## How to Reach Us:

- Phone: 866-966-1020
- Email: [resources@phcoe.org](mailto:resources@phcoe.org)
- Live Chat: [realwarriors.net/livechat](http://realwarriors.net/livechat)

**Ask any question related to psychological health in the military.**

*The Psychological Health Resource Center provides information and resources on psychological health. It does not function as a treatment or counseling center.*



Released November 2018 by the Psychological Health Center of Excellence