

Real Warriors Campaign New PSAs

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Real Warriors Campaign Launches New PSAs to Combat Psychological Health Stigma

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Army Major Jeff Hall, Real Warriors PSA

Army Reservist Staff Sgt. Megan Krause, Real Warriors PSA

On October 13, 2009, the Real Warriors Campaign launched four new public service announcements (PSAs) to help combat the stigma associated with seeking treatment for psychological health concerns and traumatic brain injury.

In addition to being posted on the Real Warriors Campaign Web site, the PSAs will also air on DoD and civilian media nationwide and overseas. "Every deployment is unique and impacts our service members in different ways," said DCoE Director Brig. Gen. Sutton, M.D. "No one returns home the same way they left. These PSAs are an important part of tearing down the stigma that can keep our warriors from seeking the psychological health care they need to maintain resilience."

The new spots highlight the stories of U.S. Army Major Jeff Hall and Army Reservist Staff Sgt. Megan Krause, who are sharing their stories of seeking and receiving psychological health care while continuing to maintain successful military and civilian careers. By sharing their experiences, Hall and Krause hope to encourage their fellow service members to seek the support they need and deserve with these simple messages:

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You are not alone. Not all wounds are visible.

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Everyone experiences psychological stress during deployment and talking about it helps.

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Reaching out is a sign of strength.

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Treatments, tools and resources are available to strengthen resilience and assist in recovery and reintegration.

Currently based at Fort Polk in Louisiana, Hall is an Observer Controller at the Joint Readiness Training Center. In this role, he is a senior trainer for units preparing for deployment in support of Operation Iraqi Freedom and Operation Enduring Freedom. Krause is the non-commissioned officer in charge of the Medical Treatment Section, U.S. Army Reserve 365th Engineering Battalion, which is based in Schuylkill Haven, Pennsylvania. She also brings her passion for helping fellow service members and veterans to her civilian work as a public relations consultant through her collaboration with America's Heroes at Work project, a U.S. Department of Labor employer education campaign.

"Seeking treatment is a sign of strength," Dr. Sonja Batten, DCoE deputy director, said. "By stepping forward to tell their stories, our Real Warriors are demonstrating that you can reach out for psychological health care and still have a successful, fulfilling career."

For more information about the Real Warriors Campaign, please visit www.realwarriors.net.