

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



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

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

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