

New web site for soldiers aims to remove stigma

KILLEEN – A new website aims to help reduce the stigma for soldiers seeking mental healthcare, enabling them to get information from the privacy of their own home. The site is called [realwarriors.net](http://www.realwarriors.net) and it's a wealth of information for soldiers looking for help.

The army has long dealt with a reluctance of soldiers to seek out mental health care. In an institution that breeds toughness and strength, it's tough to admit that one needs help. But it's a problem that is being spearheaded by this project. The site is put together by the highest ranking psychiatrist in the army, Brigadier General Loree K. Sutton.

On the site you can chat in real-time with a mental health coach who can talk about problems or lead you to the right person or organization that can help. In addition, there will be posts by other soldiers who have received beneficial care and want to lead by example.

General Sutton says she will be looking at guidelines or rules that can be changed to help accommodate soldiers seeking help. Visitors to the site are also welcome to submit what they think should be changed as well.

<http://www.realwarriors.net/>