

# YOU PROTECTED US.

LET US WALK WITH YOU.

#WENEEDYOUHERE



## Prevent Veteran Suicide To Give Help or Get Help:

- Call 911 if you or someone you know is in immediate danger.
- Call the National Suicide Prevention Lifeline at **1-800-273-TALK (8255)** and press **1**, if you are in the Military or are a Veteran.
- Text **"NOW"** to **838255** to chat via text.
- Visit [www.veteranscrisisline.net](http://www.veteranscrisisline.net) to learn about suicide signs and prevention resources.
- Ask trusted friends/family for help, find a support group, access health and/or Veterans services, and keep yourself safe.

