



YOU PROTECTED US.

LET US WALK WITH YOU.

#WENEEDYOUHERE

Prevent Veteran Suicide To Give Help or Get Help:

- Dial **988** to reach the Suicide & Crisis Lifeline, and **press 1** if you are in the Military or are a Veteran.
- Text “NOW” to 838255 to chat via text.
- Call 911 if you or someone you know is in immediate danger.
- Visit 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.



www.npaahb.org

