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](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.

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