

# 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](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.



[www.npalthb.org](http://www.npalthb.org)

