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.**