



# 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.npahb.org](http://www.npahb.org)



THRIVE

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