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.