



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 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.npahlb.org



This was developed, in part, with support under grant numbers SM061780 and SM082106 from SAMHSA. The views, opinions, and content of this publication are those of the authors and contributors, and do not necessarily reflect the views, opinions, or policies of CMHS, SAMHSA, or HHS, and should not be construed as such.