- Call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255) and press 1, if you are in the Military or are a Veteran.
- Text "NOW" to 838255 to chat via text
- 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.





## Prevent Veteran Suicide To Give Help or Get Help:

- Call 911 if you or someone you know is in immediate danger
- Call the National Suicide Prevention
   Lifeline at 1-800-273-TALK (8255) and
   press 1, if you are in the Military or are
   a Veteran.
- Text "NOW" to 838255 to chat via text
- 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.





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