

For emergencies, call 911, or go to closest hospital.

MILITARY
ONE
SOURCE

MILITARY ONESOURCE
WIN YOUR PERSONAL BATTLES
1.800.342.9647
OFFERING SUPPORT 24/7


 **Veterans**
Crisis Line
DIAL 988 then **PRESS 1**

Confidential chat
at VeteransCrisisLine.net
or text to 838255.

For emergencies, call 911, or go to closest hospital.

MILITARY
ONE
SOURCE

MILITARY ONESOURCE
WIN YOUR PERSONAL BATTLES
1.800.342.9647
OFFERING SUPPORT 24/7


 **Veterans**
Crisis Line
DIAL 988 then **PRESS 1**

Confidential chat
at VeteransCrisisLine.net
or text to 838255.

For emergencies, call 911, or go to closest hospital.

MILITARY
ONE
SOURCE

MILITARY ONESOURCE
WIN YOUR PERSONAL BATTLES
1.800.342.9647
OFFERING SUPPORT 24/7


 **Veterans**
Crisis Line
DIAL 988 then **PRESS 1**

Confidential chat
at VeteransCrisisLine.net
or text to 838255.

For emergencies, call 911, or go to closest hospital.

MILITARY
ONE
SOURCE

MILITARY ONESOURCE
WIN YOUR PERSONAL BATTLES
1.800.342.9647
OFFERING SUPPORT 24/7

 **Veterans**
Crisis Line
DIAL 988 then **PRESS 1**

Confidential chat
at VeteransCrisisLine.net
or text to 838255.

For emergencies, call 911, or go to closest hospital.

MILITARY
ONE
SOURCE

MILITARY ONESOURCE
WIN YOUR PERSONAL BATTLES
1.800.342.9647
OFFERING SUPPORT 24/7


 **Veterans**
Crisis Line
DIAL 988 then **PRESS 1**

Confidential chat
at VeteransCrisisLine.net
or text to 838255.

For emergencies, call 911, or go to closest hospital.

MILITARY
ONE
SOURCE

MILITARY ONESOURCE
WIN YOUR PERSONAL BATTLES
1.800.342.9647
OFFERING SUPPORT 24/7

 **Veterans**
Crisis Line
DIAL 988 then **PRESS 1**

Confidential chat
at VeteransCrisisLine.net
or text to 838255.

Make double-sided copies.

Recognize the signs. Be alert to changes in friends, family, and Marines.

Ask the question. "Are you thinking of killing yourself? (Be aware that people don't always answer honestly the first time you ask. Keep checking back if you're concerned.)

Care with words and actions. Let your words and actions show that you're listening. If unsure about Marine's state of mind, alert chain of command.

Escort person to help. Don't let the person out of your sight. Stay until help arrives, or take the person directly to help.

Recognize the signs. Be alert to changes in friends, family, and Marines.

Ask the question. "Are you thinking of killing yourself? (Be aware that people don't always answer honestly the first time you ask. Keep checking back if you're concerned.)

Care with words and actions. Let your words and actions show that you're listening. If unsure about Marine's state of mind, alert chain of command.

Escort person to help. Don't let the person out of your sight. Stay until help arrives, or take the person directly to help.

Recognize the signs. Be alert to changes in friends, family, and Marines.

Ask the question. "Are you thinking of killing yourself? (Be aware that people don't always answer honestly the first time you ask. Keep checking back if you're concerned.)

Care with words and actions. Let your words and actions show that you're listening. If unsure about Marine's state of mind, alert chain of command.

Escort person to help. Don't let the person out of your sight. Stay until help arrives, or take the person directly to help.

Recognize the signs. Be alert to changes in friends, family, and Marines.

Ask the question. "Are you thinking of killing yourself? (Be aware that people don't always answer honestly the first time you ask. Keep checking back if you're concerned.)

Care with words and actions. Let your words and actions show that you're listening. If unsure about Marine's state of mind, alert chain of command.

Escort person to help. Don't let the person out of your sight. Stay until help arrives, or take the person directly to help.

Recognize the signs. Be alert to changes in friends, family, and Marines.

Ask the question. "Are you thinking of killing yourself? (Be aware that people don't always answer honestly the first time you ask. Keep checking back if you're concerned.)

Care with words and actions. Let your words and actions show that you're listening. If unsure about Marine's state of mind, alert chain of command.

Escort person to help. Don't let the person out of your sight. Stay until help arrives, or take the person directly to help.

Recognize the signs. Be alert to changes in friends, family, and Marines.

Ask the question. "Are you thinking of killing yourself? (Be aware that people don't always answer honestly the first time you ask. Keep checking back if you're concerned.)

Care with words and actions. Let your words and actions show that you're listening. If unsure about Marine's state of mind, alert chain of command.

Escort person to help. Don't let the person out of your sight. Stay until help arrives, or take the person directly to help.