

NEVER

ACCEPT

DEFEAT



USAPHC
U.S. ARMY PUBLIC HEALTH COMMAND
phc.amedd.army.mil

Admitting a Need for Help is Not a Character Flaw

Suicide Can be Prevented. Get Help. For assistance:

- Talk to your Chaplain or a Behavioral Health Professional
- Call the Military Crisis Line at 1-800-273-TALK (8255) press 1 for the Military Crisis Line
- Call Military OneSource at 1-800-342-9647 or www.militaryonesource.com



Suicide
Prevention
Resources