Have the Courage to Help a Buddy

"One suicide is one too many."

Kenneth O. Preston
Sergeant Major of the Army

For assistance:

- Talk to your Battle Buddy and chain of command
- Call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255)

USAPHC U.S. Army Public Health Command (Provisional)
http://phc.amedd.army.mil

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