COURAGE

Don't deal with a problem alone. Reach out to a helping hand!

- Talk to your Battle Buddy and chain of command
- Call the Military Crisis Line at 1-800-273-TALK (8255) and press "1" for Military Crisis Line

It takes COURAGE to ask for help when needed

Suicide Prevention Resources
phc.amedd.army.mil

USAPHC
U.S. ARMY PUBLIC HEALTH COMMAND
TA-148-0812