

# SUICIDE PREVENTION RESOURCE NUMBERS

IN CASE OF EMERGENCY,  
**CALL 911**

The National Suicide Prevention Lifeline™:  
**1-800-273-TALK or (1-800-273-8255)**

Veterans Crisis Line:  
**1-800-273-8255 and Press 1**



**YOU ARE NOT ALONE.  
PLEASE REACH OUT FOR HELP.**