

# BE THE ONE.

## SAVE A LIFE.

## CHANGE A LIFE.

Together, we can stop  
veteran suicide.

Reach out. Speak up.  
Stay connected.

**VETERANS CRISIS LINE:**

Dial 988, then Press 1

**TEXT: 838255 | CHAT:**

[VeteransCrisisLine.net/Chat](https://VeteransCrisisLine.net/Chat)



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THE AMERICAN LEGION