

What is BE THE ONE?

Today, the No. 1 issue facing the veteran community is suicide. The mission of The American Legion's BE THE ONE initiative is to reduce the rate of veteran suicide.

We're actively working on lessening the stigma associated with mental health treatment and empowering everyone to take appropriate action when a veteran or service member may be at risk – one life at a time.

It's as simple as a PHONE CALL.

We consider it our most sacred responsibility to look out for each other and our fellow veterans. We do this through periodic Buddy Checks. Staying in contact with at-risk veterans and speaking with them about resources available to them, or just being a friend to listen, lessens the chance that they would consider suicide.

VETERANS HELPING VETERANS IN NORTH CAROLINA

Our mission is to enhance the well being of America's veterans, their families, our military, and our communities by our devotion to mutual helpfulness. We serve veterans and others across North Carolina.

Seeking Help



Veterans and their loved ones can dial 988 and Press 1, Chat online, or send a text message to 838255 to receive confidential support.

Helpful Resources

<https://www.betheoneconnects.org>

Contact Information



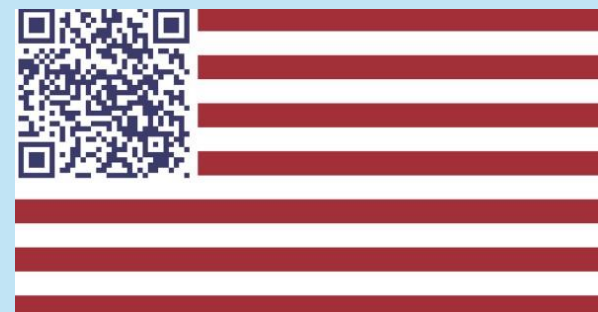
Contact your local Post
"Be The One"
representative.

BE THE ONE

APPROXIMATELY 18 TO 25 VETERANS DIE EVERY DAY FROM SUICIDE

For some veterans, the many scars of war are still with them. Living outside of the military could cause feelings of loneliness, isolation and hopelessness which can lead to dire consequences for veterans and their families.

You can help those in need to find the resources necessary to cope with their feelings by scanning the FLAG QR CODE.
(See Below)



BE THE ONE and show you care!



Recognize Suicide Warning Signs

- ❖ Expressing hopelessness – feeling that things will never get better
- ❖ Becoming extremely anxious, upset, or unable to calm down
- ❖ Talking about suicide or wanting to die
- ❖ Saying they feel like a burden
- ❖ Saying that others would be better off without them
- ❖ Planning for suicide – when, where, or how they might do it
- ❖ Taking actions such as giving things away or buying ammunition



What Can Veterans Do?

- ❖ Stay connected to your family, friends and community
- ❖ If you can't do all the things you enjoy, focus on activities you still can do
- ❖ Remember how much you have contributed to others in your lifetime
- ❖ Ask for help when you need it
- ❖ Get involved in volunteer opportunities through VA. Visit volunteer.va.gov to learn more.

Source: Veterans Health Admin., Office of Mental Health and Suicide Prevention



S.A.V.E.

S.A.V.E will help you act with care and compassion if you encounter a Veteran who is in crisis. Familiarize yourself with the S.A.V.E. steps below.

- ❖ Signs of Suicidal Thinking – Consider if warning signs are present.
- ❖ Ask the Question – “Are you thinking of killing yourself?” or “Are you thinking of suicide?”
- ❖ Validate the Veterans Experience – Listen without judgement or giving advice. Offer reassurance that help is available.
- ❖ Encourage Treatment and Expedite Getting Help