

BE THE ONE

The mission of The American Legion's Be the One initiative is to reduce the rate of veteran suicide. It aims to lessen the stigma associated with mental health treatment and empower everyone to take appropriate action when a veteran or servicemember may be at risk.

Visit the web page to learn more, download resources and read success stories.



To learn
more, visit
betheone.org.

FOR IMMEDIATE HELP



Online: veteranscrisisline.net
Text: 838255

Substance Abuse and Mental Health Services Administration

Call: 800-662-4357
Online: samhsa.gov/find-help

National Alliance on Mental Illness

Call: 800-950-6264
Online: nami.org/findsupport

AMERICAN
LEGION

**What you
can do to
help prevent
veteran
suicide**