

How to promote Be the One

RESOURCES

A regularly updated resources page for Be the One materials is available for posts, members and others. Visit betheone.org/resources

Among the available resources and promotional items:

- How-to videos about hosting an event, identifying an at-risk veteran and many more.
- Sample press release and media advisory.
- Physical displays such as pop-up banners, table covers and more.
- Social media graphics for promoting an event.

Free 90-minute suicide prevention training

The American Legion has joined forces with Columbia University to conduct training for those who want to learn more about interacting and responding with veterans who may be in crisis.

The free training takes less time than it does to watch a movie or sporting event — and it has proven to save the lives of veterans with suicidal ideation.

Learn more, review options for upcoming training dates and times, and sign up for a session:

legion.org/betheone/training

Crisis line

Veterans experiencing a crisis can call **988** and press **1** for mental health assistance. Counselors are available 24/7. They may also text **838255** or visit the VA crisis line website veteranscrisisline.net

We can all Be the One

Here's how veterans, civilians and communities can help reduce the rate of veteran suicide.



P.O. Box 1055
Indianapolis, IN 46206
1-800-433-3318

legion.org

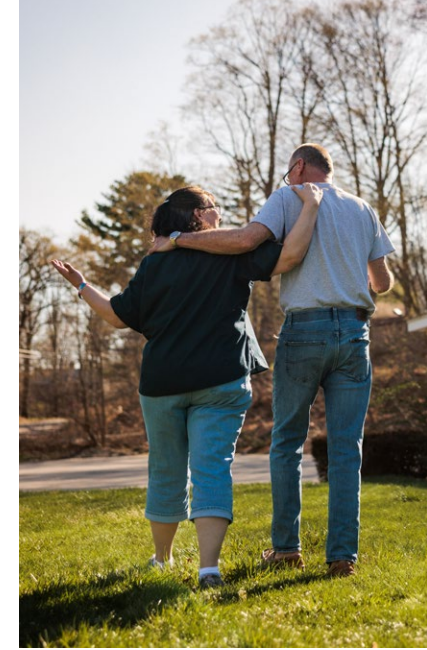


Connect with The American Legion





BE THE ONE



HOW YOU CAN BE THE ONE

Everyone can become part of The American Legion's Be the One mission that aims to reduce the number of veterans and servicemembers lost to suicide.

Together, we can — and will — change lives and save lives.

We will achieve this goal by raising awareness that it is "OK to not be OK," elevating available resources in our communities for those who need them, conducting suicide prevention training by experts and continuing to prioritize this critical mission.

How veterans can participate

- Talk with fellow veterans about how you are feeling.
- Ask for help when you think you need it.
- Remember your family and friends care.
- Take the training so you can help a fellow veteran in crisis.

How non-veterans can participate

- Ask veterans in your life how they are doing.
- Listen when a veteran needs to talk.
- Reach out when a veteran is struggling.
- Take the training so you can help a veteran in crisis.

BeTheOne.org

How American Legion posts can participate

- Educate members, other veterans and civilians on how to help.
- Host awareness events to promote resources in your community.
- Conduct Buddy Checks to perform wellness checks on local veterans.
- Share events or success stories at legiontown.org.

How community partners can participate

- Educate the public about Be the One.
- Share resources about Be the One.
- Partner with American Legion posts on awareness events.
- Celebrate the veterans in your community.

