

## 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](http://betheone.org)**.

## FOR IMMEDIATE HELP



Online: [veteranscrisisline.net](http://veteranscrisisline.net)  
Text: 838255

### Substance Abuse and Mental Health Services Administration

Call: 800-662-4357  
Online: [samhsa.gov/find-help](http://samhsa.gov/find-help)

### National Alliance on Mental Illness

Call: 800-950-6264  
Online: [nami.org/findsupport](http://nami.org/findsupport)



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

## **What are warning signs?**

A veteran or servicemember in crisis might talk about wanting to die, express guilt or shame, or mention being a burden to others.

They also might feel like they have no reason to live or show feelings of emptiness, hopelessness or being trapped. They might appear extremely sad, anxious, agitated, or full of rage.

Behaviors to look for include: isolating, giving away belongings, indulging in risky behavior and using drugs and/or alcohol more often.

## **What should I say?**

Ask them what's going on.

Let them know they aren't alone.

Ask the direct question: Are you having thoughts of suicide?

Encourage them to keep sharing.

Offer to connect them to someone who can help.

## **What should I not say?**

DO NOT tell them you know how they feel.

DO NOT condemn or minimize their thoughts or feelings.

DO NOT tell them to be thankful for what they have.

## **What else should I know?**

In these cases, remember your mission is not to act as a mental health professional. Your mission is to connect them to the professionals.

It is best to listen carefully, take any comments about suicide seriously, and look for cues in their words and behavior.

Reassure them that it is OK to ask for help and offer to connect them with resources.

DO NOT ignore warning signs.

DO NOT keep it a secret.