

Support Veterans and Service Members

Throughout the year, you can help the U.S. Departments of Veterans Affairs (VA) and Defense let people know that preventing suicide starts with this simple act of support:

Be There.

Connecting with someone and helping them feel supported can make a big difference during a challenging time. It doesn't require a grand gesture or complicated task — a simple act of kindness can help someone feel less alone.

#BeThere



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Here are a few ways that you and your community can be there to help prevent suicide:

Spread the word on your social media networks:

- Watch** and share the ***Be There*** video.
- Post** ready-to-use social media content on Facebook and Twitter.
- Show** support by changing your social media profile picture and cover photo to a VA suicide prevention image.

Engage your online community:

- Display** a VA suicide prevention banner on your website.
- Share** a pre-crafted blog post with your online community.
- Publish** an article or advertisement in your newsletter or email blasts, or on your website.

Download these and other materials at
VeteransCrisisLine.net/SpreadTheWord



U.S. Department
of Veterans Affairs

 **Veterans
Crisis Line**
1-800-273-8255 **PRESS 1**