## **HOW YOU CAN BE THE ONE**

What: The American Legion's Be the One initiative encourages American Legion Family members, veterans, servicemembers and others to take action when they believe a veteran is at risk of suicide.

**Why:** To reduce the alarming number of veteran suicides.

**How:** Our goal is to destigmatize asking for mental health support, provide peer-to-peer support and resources, and educate everyone on how they can Be the One.

#### Who:

#### **Veterans**

- Talk with fellow veterans about how you are feeling.
- · Ask for help when you think you need it.
- Know there are millions of people ready to help you.
- · Remember your family and friends care.

#### Non-veterans

- · Ask veterans in your life how they are doing.
- · Listen when a veteran needs to talk.
- · Reach out when a veteran is struggling.

### **American Legion posts**

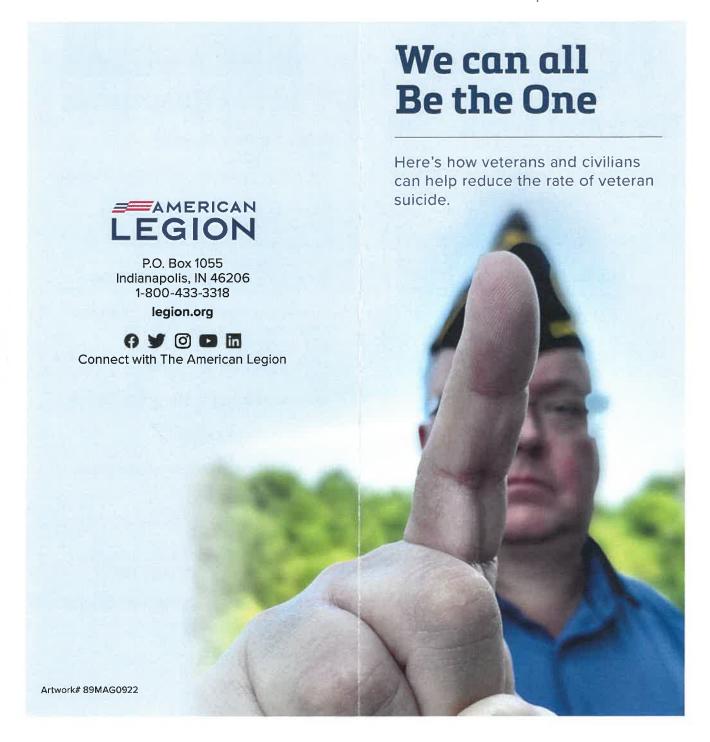
- Educate members, other veterans and civilians on the campaign.
- Display resources at your post or in your community.
- · Share events or success stories at legiontown.org.

## RESOURCES

**American Legion support:** Stories, videos and promotional items related to this initiative are available for posts, members and others. Visit **betheone.org** 

For urgent help: 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







# **National Resources**

# 988 Suicide and Crisis Lifeline (call or text)

Call the National Suicide Prevention Lifeline at

1-800-273-TALK (8255) or text the Crisis Text Line (text HELLO to 741741).

Both services are free and available 24 hours a day, 7 days a week.

All calls are confidential.

The Veterans Crisis Line connects Service members and Veterans in crisis, as well as their family members and friends, with qualified Department of Veteran's Affairs (VA) responders through a confidential toll-free hotline, online chat or text messaging service.

Dial 1-800-273-8255 and Press 1 to talk to someone or send a text message to 838255 to connect with a VA responder.

If you or someone you know is feeling suicidal and unsafe, go immediately to your local emergency department or call 911.





# **Local Resources**

**United Services, Dayville** 860-774-2020 24/7 Crisis Services, Outpatient Therapy

Day Kimball Healthcare, Putnam 860-928-6541 Emergency Services, Inpatient Hospitalization, Outpatient Therapy 860-963-6385

Quinebaug Day Treatment Center of Natchaug Hospital, Dayville 860-779-0321 Intensive Outpatient Therapy

Natchaug Hospital, Mansfield Center 860-456-1311 Inpatient Hospitalization

Community Health Resources (CHR), Danielson & Putnam 1-877-884-3571 Willimantic

860-456-1633
Crisis Services, Outpatient Therapy,
Veteran's Service Coordinator

Perception Programs, Inc., Danielson 860-779-5852 Outpatient and Intensive Outpatient Therapy Discovery Counseling Services,

Danielson

860-497-4125 Outpatient Therapy

**Silver Linings Counseling, Danielson** 860-774-2323 Outpatient Therapy

**Change Counseling, Putnam** 860-833-2657 Outpatient Therapy

**Vet Center, Norwich** 860-887-1755 Outpatient Therapy



P.O. Box 203, Danielson, CT 06239
danielsonpost21@gmail.com
Danielson Post 21 Facebook Group
Meetings held the 2nd Wednesday
of each month
(Excluding summer months
of July & August)
at 7:00 pm at the
Danielson Elks Lodge
13 Center Street, Danielson

Call 860-481-2963 for additional information.