

## 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](https://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](https://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](https://veteranscrisisline.net)

 AMERICAN  
LEGION

BE **THE** ONE

## We can all Be the One

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

 AMERICAN  
LEGION

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

[legion.org](https://legion.org)



Connect with The American Legion



## 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

**Guinebaug 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



## Danielson American Legion Post #21

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.