



# SUICIDE AWARENESS, PREVENTION, & INTERVENTION

Well known,  
and not so well known  
resources for military, veterans,  
and their families



## FACEBOOK & APP SUPPORT

**Objective Zero  
Peer Support App**  
[Military & Veterans]

**Battle In Distress  
Facebook Page**  
[Military & Veterans]

**22 Until None  
Facebook Page**  
[Military & Veterans]

**22 Until None Keepers  
FaceBook Group**  
[Military & Veterans]



## TEXT LINES

**Crisis Text Line**  
741741

**Veterans Crisis Text Line**  
838255

**Trevor Project Crisis  
Text Line [LGBTQ Youth]**  
Text START to 678678



## ONLINE CHAT

**National Suicide Prevention Chat**  
<https://suicidepreventionlifeline.org/chat/>

**Veterans Crisis Chat**  
<https://www.veteranscrisisline.net/get-help/chat>

**Trevor Project Crisis  
Text Line [LGBTQ Youth]**  
<https://www.thetrevorproject.org/get-help-now/>

[www.livewithcouragetoday.com/suicide-prevention](http://www.livewithcouragetoday.com/suicide-prevention)



## HOT LINES

**National Suicide  
Prevention Crisis Line**  
1-800-273-TALK (8255)

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

**Trevor Project Crisis Line  
[LGBTQ Youth]**  
1-866-488-7386



## OTHER RESOURCES

**United Way 211**  
[www.unitedway211.org](http://www.unitedway211.org)

**Livingworks, LLC**  
**suicide prevention training solutions**  
<https://www.livingworks.net/>

**Counseling on Access to Lethal Means  
[CALM]**  
<https://www.sprc.org/resources-programs/calm-counseling-access-lethal-means>

**Defense Suicide Prevention Office (DSPO)**  
<https://www.dspo.mil/>

**Centers for Disease Control (CDC)**  
<https://www.cdc.gov/violenceprevention/suicide/prevention.html>

**Department of Veterans Affairs  
Suicide Prevention**  
[https://www.mentalhealth.va.gov/suicide\\_prevention/](https://www.mentalhealth.va.gov/suicide_prevention/)