



Three ways we can all help prevent suicide among Service Members, Veterans, and their Families



Preventing Suicide among Service Members, Veterans, & their Families (SMVF)

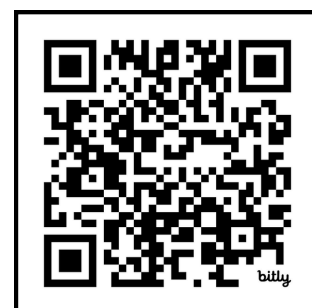


If you or someone you know is in crisis or emotional distress, call or text 988 (Veterans press 1 for VA crisis specialists)

- 1) Learn how to recognize someone at risk of suicide
- 2) Watch our Safety Plan video
- 3) Stay connected with [@mogovchallenge](https://www.instagram.com/mogovchallenge) on social media



Scan the code and complete all three...



...it may help save a life.